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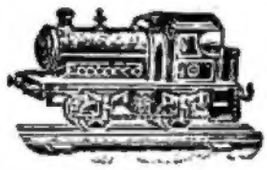

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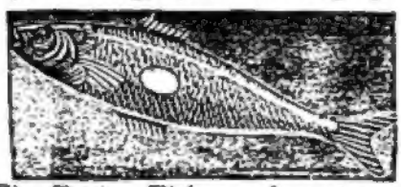

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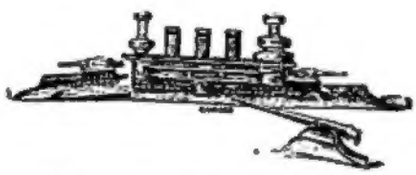

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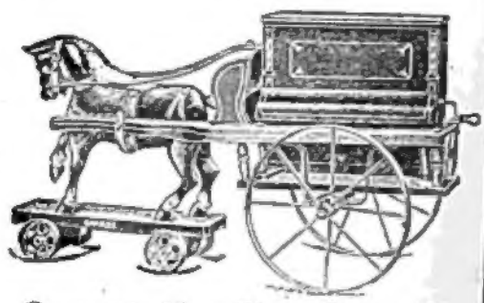

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The Latest Picture of Mr. Sandow, which appeared in our issue of Jan. 19th, depicting him in a new pose, will appeal to many of our readers. As a limited number only were printed on fine art paper, suitable for framing, early application should be made in order to secure a copy to the Manager, "Sandow's Magazine," 131 Temple Chambers, London, E.C., price 6d. (post free).

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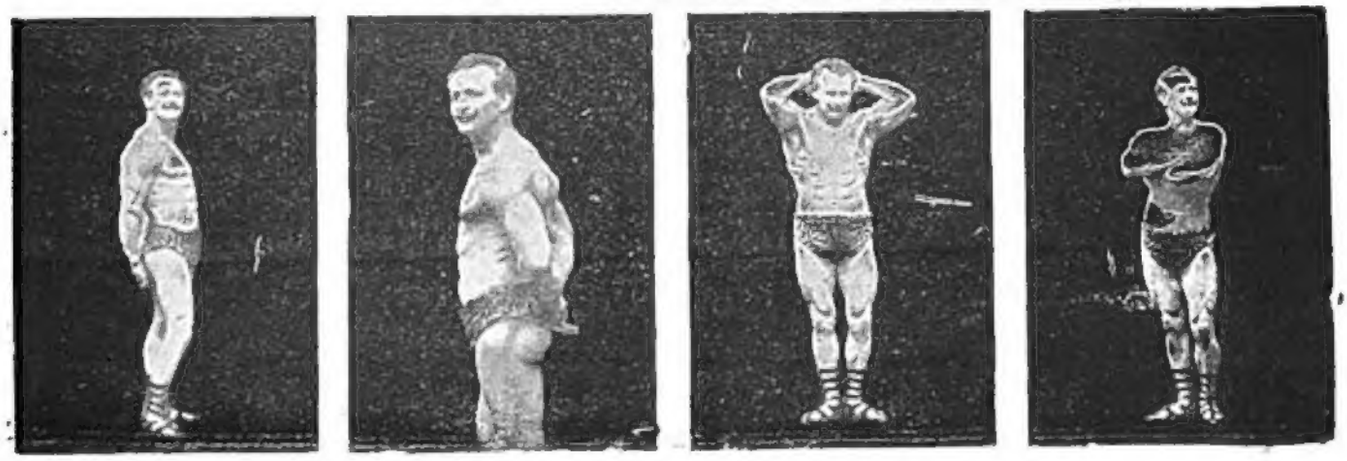

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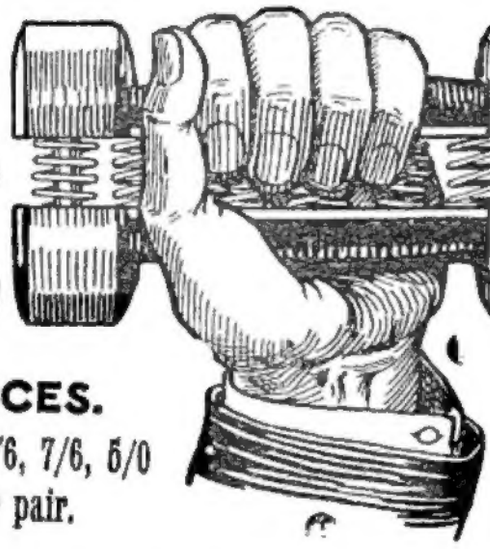

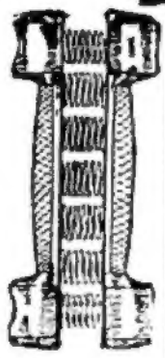

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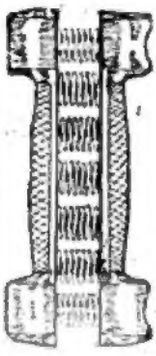

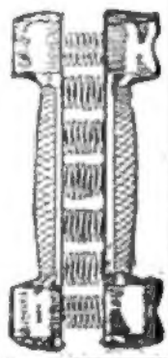

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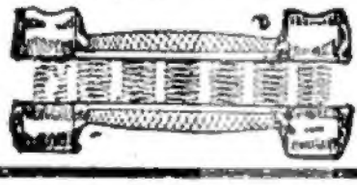

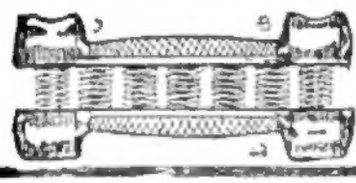

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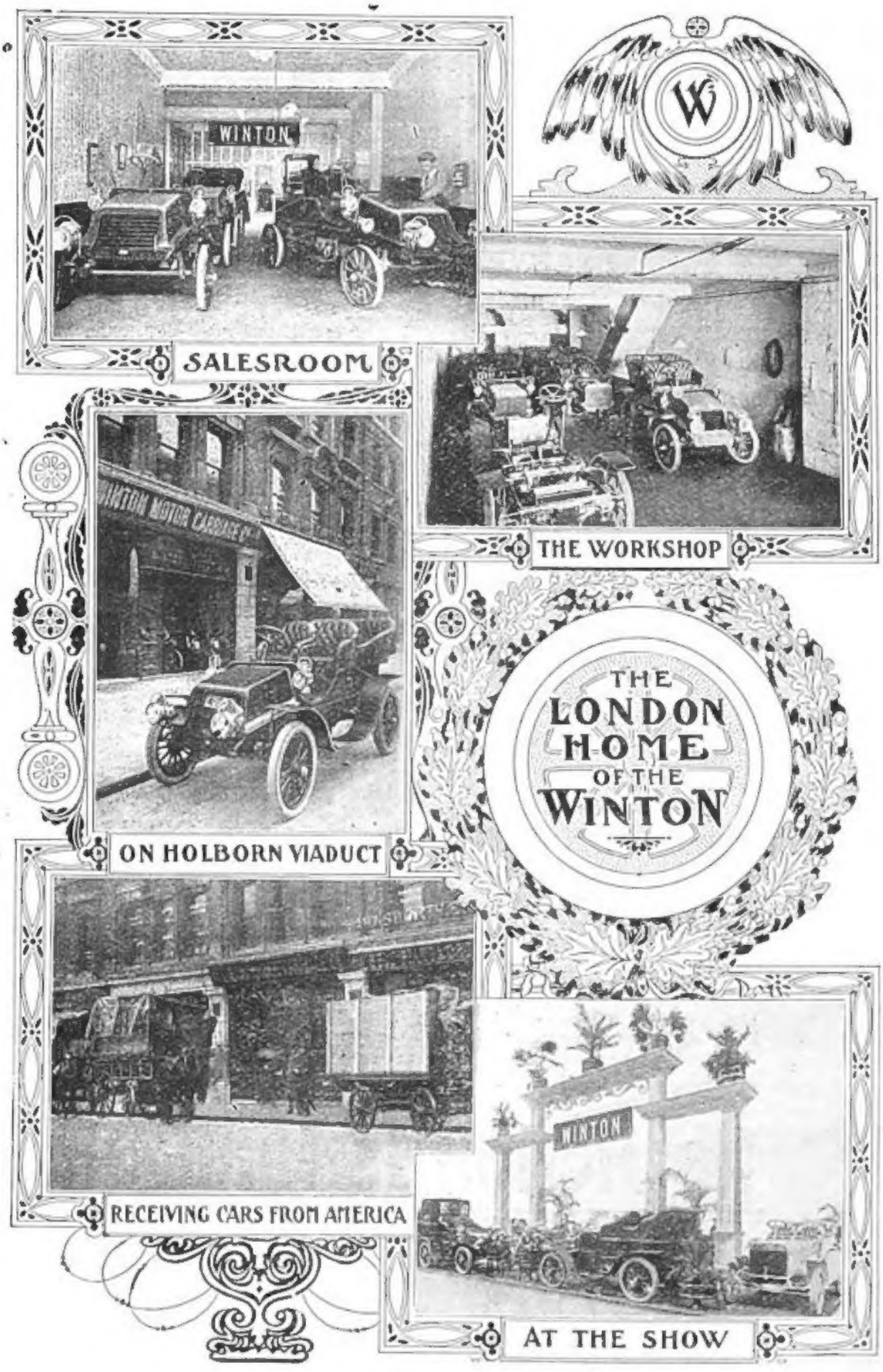

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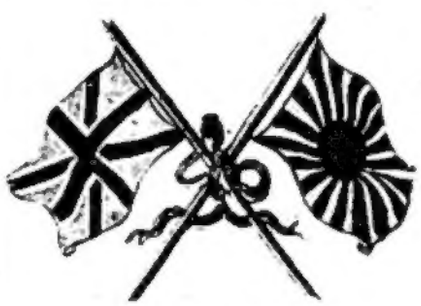
Ju-Jitsu and Boxing.



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SANDOW'S MAGAZINE
— OF —
PHYSICAL CULTURE & BRITISH SPORT.

Edited by EUGEN SANDOW. Assisted by FRANK PINK

VOL. XV. (Established 1898.) DECEMBER 21ST, 1905. No. 129.

NOTICES.

ADDRESS.—131 Temple Chambers, Temple Avenue, London, E.C.

Telephone: 3436 Central.

NOTICE.—Business Letters should be addressed to the Manager, Editorial Letters to the Editor. Cheques, Money Orders, and P.O.'s should be made payable to FRANK PINK, and Crossed "London and County Bank."

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EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution should be accompanied by note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Care of the teeth is a most important item in the matter of bodily health, and one that is frequently neglected. All children should be trained up to keep their teeth in good order, and parents should keep a strict watch upon the dental health of their children. I am glad to see that the appointment of dentists to repair the teeth of children at truant schools is now proposed by the Education Committee of the London County Council, and I think that scholastic authorities should pay greater attention to this matter.

I am sorry that, owing to want of space, I have not been able to reply to Mr. W. M. Vardon before, on the subject, "Does muscle make men slow?" I had thought that my views on this subject were so clearly expressed that no reasonable man could misunderstand them, but apparently Mr. Vardon still labours under the impression that what I mean by physical culture is "the mere piling-up of muscle." "The Sandow System," says Mr. Vardon, "is of the muscle-piling order." Surely, as the founder of the Sandow system, I ought to know better than one who apparently has so slight a knowledge of its effects. If my system were merely the supplying of muscle, how is it that two such speedy sprinters—two of the fastest men in the world—as Tremeer and McLean, both came forward to testify to the value of my system for speed purposes?

o——o

I do not argue that my system will actually make a man speedy, but I do contend that it *improves* his pace as well as his strength, and provides him with a "reserve" that is capital ready to be drawn upon in emergencies. "The systematic development of physical and mental power," to use Mr. W. G. George's expression, is the exact object which my system accomplishes, and I think I may claim to be the first teacher of physical culture in this country to preach the very doctrines that Mr. Vardon himself commends, viz., the co-ordination of mind and muscle.

o——o

Judge Allen is evidently one of the Physical Culturists. In the Nottingham

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Court recently, the point was raised as to whether it was possible for a man to pick up a hat from the floor without bending his knees. His Lordship demonstrated the possibility of so doing by accomplishing the feat, using a handkerchief instead of a hat. His success was challenged by a lawyer, who accused him of not keeping his knees rigid, whereupon the judge performed the feat a second time.

o——o

The attention of educational authorities should be directed to the great increase of nervousness among city children, which I attribute in part to the present method of teaching in the public schools, which assumes that education is proportional to the amount of information, useful or otherwise, which can be crammed into children's heads.

o——o

The Exotic Child.

Ram it in, cram it in;
Children's heads are hollow,
Slam it in, jam it in;
Still there's more to follow—
Hygiene and history, astronomic mystery,
Algebra, histology, Latin, etymology,
Botany, geometry,
Greek and trigonometry,
Ram it in, cram it in;
Children's heads are hollow.

Rap it in, tap it in;
What are teachers paid for?
Bang it in, slam it in;
What are children made for?
Ancient archæology, Aryan philology,
Prosody, zoology, physics, clinictology,
Calculus and mathematics,
Rhetoric and hydrostatics.
Hoax it in, coax it in;
Children's heads are hollow.

Scold it in, mould it in;
All that they can swallow.
Fold it in, hold it in;
Still there's more to follow.
Faces pinched, and sad, and pale,
Tell the same undying tale—
Tell of moments robbed from sleep,
Meals untasted, studies deep.

Those who've passed the furnace through,
With aching brow, will tell to you
How the teacher crammed it in,
Rammed it in, jammed it in,
Crunched it in, punched it in,
Rubbed it in, clubbed it in,
Pressed it in, caressed it in,
Rapped it in and slapped it in—
When their heads were hollow.

Nervous disorders should be prevented rather than cured. As far as possible, the artificiality of city life must give way, for the children at least, to a return to Nature—spontaneous play in the open air, plain living, and long hours of sleep after healthy fatigue. Parental attempts at the encouragement of precocious solemnity in children, by display and imitation of their elders, must be firmly discountenanced. There is, in the bringing up of children, the one opportunity for the present-day physician to assume the important role of domestic confidant and adviser so long and satisfactorily held by the old-time family physician. For the sake of the rising generation, there is here a place to be filled that must not be neglected, or it will prove a costly national oversight.

o——o

We know that music hath charms to soothe even the savage breast, but what of its influence on the average man of peace. Music undoubtedly possesses the power to affect the heart's action. There is a wide difference between the effects produced by the reckless abandon of a cake-walk and the careful measure of, say, a funeral march. A well-known scientist friend of mine tells me that sphygmographic tracings made before and during music demonstrate the peculiar effects of music upon the heart's action. Before the music begins the tracings are of the size of the small stroke of the letter V. With music the tracings immediately become like the large stroke of the V. The quicker the music the greater the number of tracings recorded. Perhaps the weird chant of the New Zealanders immediately they step on to the field of play is a more or less conscious recognition of this power of music. The English teams might have won if they had stimulated themselves by singing "Hearts of Oak" or "Rule Britannia," as the Welsh did by singing "Men of Harlech." The hint may be useful to the directors of football clubs occupying lowly places in the League worlds.

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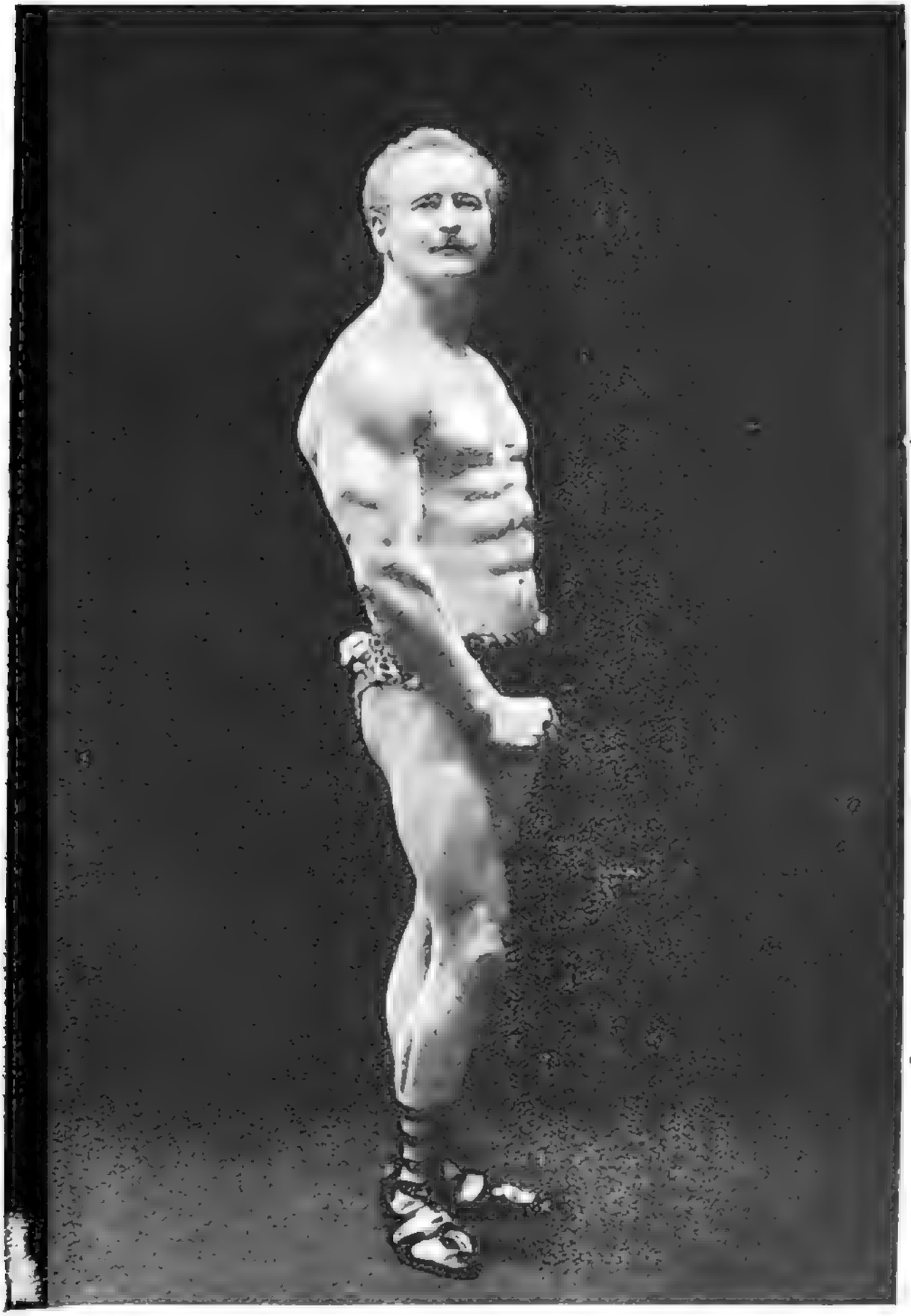
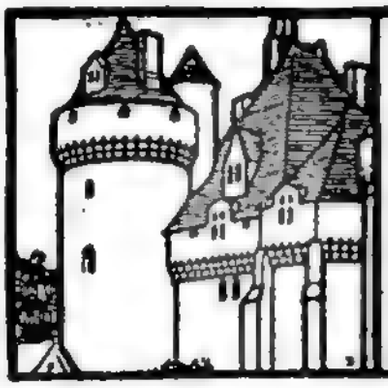


THE EDITOR (EUGEN SANDOW)
In one of his Poses.



A FRENCHMAN'S IMPRESSIONS of AMERICA.

The Making of the American Woman and the Lifting Up of the Fallen Adam.

A MOST interesting book (in French) by Jules Huret has been published by Bibliotheque Charpentier, Paris.

It is a veritable cinematograph picture of American life and methods. The author sees with the wide-open, all-seeing eyes of the foreigner the many features which escapes the actual attention of the American or Englishman alive only to the sensational and extraordinary.

The following extracts show with what freshness and keenness of discrimination the author sees two institutions—one for the development of the American woman and the other for the restoration of the American man who has fallen under the spell of the drink habit:—

TRIUMPHANT EVE.

"A Boston lady has founded, quite by herself, of her own free will and of her own initiative, a normal and gymnastic school for young girls. There are here 80 young American girls who have come out of the high schools and whose ages are consequently from nineteen to twenty years. They have decided to spend two years in learning the sciences of movement and sport, in order to go and spread them all over America. Twenty professors are attached to the institution. The pupils pay £30 a year for instruction alone, £4 more for books and dissecting instruments (sic), £2 for special clothes, and about 10s. for shoes.

"I arrived during a lesson. In the middle of a large room furnished with every possible gymnastic appliance, forty young girls, aged from twenty to twenty-three, dressed in ample bicycle costumes of marine-blue, were clambering up ropes, climbing ladders, or jumping over wooden horses. Then, lined up in two ranks, they obeyed the frail but imperative voice of a monitress, raised their arms, stretched them out, bent on their knees, stooped, raised themselves again, turned their heads round, walked in step, with a step rigid and precise as that of German soldiers, stopped short, their feet touching.

"Then there was the course of 'æsthetic dancing.' A young man seated himself at the piano on a platform and played a kind of slow waltz. The monitress indicated the movements which the pupils imitated; there were rounded movements of the arms, of the limbs, backwards and forwards, the rondeur of gracious limbs, inclinations of the bust after the fashion of dancing girls; a subtle dance, with the steps of the polka very defined, and rhythmic gestures which seemed to follow the music. I asked if the 'æsthetic dance' was taught at girls' schools.

"'In all of them at present,' was the reply.

"It is an application of gmnastics, I was told, to teach the co-ordination of movements and the sense of rhythm. Movements are more complicated, less localised, more refined than in the gymnastics proper. The practical results obtained are gracefulness, ease of gesture and of carriage, with a considerable increase in the powers of endurance.

"'And what is the syllabus of your courses?'

"The amiable lady who was instructing me sent for a pamphlet, and handed it to me. I read there:

"First year: Physics, with demonstrations, thirty hours. Chemistry, with

laboratory work, forty-five hours. Histology and Physiology, with laboratory, forty-five hours. Theory of Gymnastics, 100 hours. Descriptive Anatomy, eighty-six hours. Accidents, with practical instruction in bandaging, fifteen hours. Gymnastics daily. Corrective Gymnastics and Massage Course, forty-five hours. Gymnastic Games, forty-five hours. Instruction in the Æsthetic Dance, forty-five hours. Swimming, twelve hours.

"The programme for the second year differs from that of the first year only in the distribution of the hours and in the addition of some new courses: Anthropometry, Symptomatology, Psychology, and Fencing. I read these curriculums with a little astonishment. Was it possible that it was necessary to study so many things in order to teach how one should move and develop the body?

"'All these studies are very well justified. Chemistry is a preparation for the study of physiology, and one must know physiology in detail if one wishes to teach gymnastics intelligently. Our courses are also very complete.'

"In the laboratory the histology of the epithelium is studied under the microscope, cartileges, the tissue and bones, the constitutive elements of the blood and lymph, animals are dissected, the osteology of the backbone, of the skull, of the thorax, of the feet, and of the hands, is studied. The function of the heart is studied, that of the arteries, of the veins, of the organs of nutrition, of the digestion, of respiration. The nervous system, secretion, excretion—all are studied. . . .

"There is also the athletic course—that is to say, sport. The pupils are taken every week into the playground near a river, and are trained in all possible sports: boating, tennis, hockey, basket-ball, etc., in such a way as to familiarise them first personally with all these sports, and then allow them to establish them everywhere where they are called to teach. They will learn the laws that are binding in inter-collegiate matches, the methods of training and organisation belonging to athleticism in general.

"I had exhausted all possible information. The exercises were over. With brilliant eyes, rosy cheeks, their foreheads moistened with perspiration, their mouths half open in a pretty smile of contentment and health, the youthful future schoolmistresses were running with swift step to the douche, at which point my eyes left them.

FALLEN ADAM.

"In the middle of a vast, solitary plain, now covered with snow, five or six red-brick buildings are reared, preceded by a wooden construction, smaller in size, which contains the offices of administration.

"One of the doctors of the establishment is my guide. He shows me, first of all, the dining-room, with its ten long tables, the bakery, the machine laundry; in this department the professionals are aided by those confined, whom one recognises at once by their distrustful and sombre air.

"As I perceive neither gaol nor barrier, I am astonished. 'We only keep our 'patients' under lock and key for the first month,' says my guide. 'After that time, apart from the obligatory exercises, they can move about freely in the asylum and its outbuildings, *sur parole*. They give us their word of honour that they will not escape, and that is enough.'

"'Does no one ever escape?'

"'Yes, sometimes. But often they return of their own accord. Only those patients who are susceptible to cure are sent here. The rest are received in the asylums for the insane. It is very useful for the progress and the emulation of the others. Otherwise the bad ones would discourage the good.'

"'How long do you keep them here?'

"'They are sent here for two years by the judges. But if we state that, after one year, for example, they are cured, or nearly cured, we can, on their own request or that of their family, give them conditional liberty. At the first known fault, they are sent back, with an increase of sentence. We are frequently obliged to resist, in the interests even of the patients, the sometimes

pathetic solicitations of their relative. or friends who ask prematurely for their liberty.

"'When they arrive, the first care is to give them a bath and put them to bed. Then one gives them a purge and administers a bromide to them. As they all have a fatigued stomach, we regulate their diet. For two or four weeks, or even longer, according to their state, they drink only milk; for, very often when we receive them, they have no food for a fortnight. They have been living on alcohol alone.

"'The victim of alcohol is a patient who has poisoned himself, little by little, and who is in need of re-establishing his body afresh; but he is also a patient who has lost the sense of his will, of his dignity, and of the faculty of attention. It is necessary, then, to make him follow a double treatment, or at least a treatment which cures him mentally and physically. For the body I have mentioned the first attentions that one gives. As soon as he is on his feet, during fine weather, he works on the hospital farm, under the direction of a keeper. He labours, digs, carries manure, sows, plants, cuts trees, weeds, rakes, plucks fruit, looks after the stables, gathers eggs, etc. In the winter he works inside the hospital at the occupation of his calling, or, indeed, if he has none, he makes brooms. He is obliged to get up at half-past six in the morning, to take his meals at regular hours, and to go to bed at nine o'clock, for, at that time, all the lights are extinguished. Besides this, for an hour a day, he is obliged to go in for Swedish gymnastics, systematic and progressive. The Professor, Mr. Ernest Hermann, measures every patient, a doctor sounds him, a ticket is attached to his name. One knows the breadth of his chest, the dimensions of his arms, limbs, muscles, so as to be able to follow his progress.'

"These Swedish gymnastics are, in fine, the key of the system. At Foxborough they are convinced that the effort repeated, the sustained attention necessary for the exercises, will give the patient back his will, the presence of his mind, the precise perception of things, the self-control that he had lost, and without which he would be unable to struggle against his vice . . . . And if, little by little, he becomes strong again, adroit, rapid, his bride will be reborn, the notion of his duties towards himself, towards his own people, towards society, will be reinstated in him. He will have the energy to avoid evil company and to fly from temptation. It is to that, it is to the action of physical exercise that the hospital at Foxborough attributes the greater part of the cures that it has made.

"But here is the class which is commencing. A body of thirty men of every age, from twenty to sixty, enter at a walk, bare-headed, place themselves in three ranks, and remain motionless. They are uniformly clothed in grey jerseys and grey trousers, held in at the waist by a black belt, and wearing black shoes with india-rubber soles. . . .

"There they are, docilely obeying the imperative orders, rapid and irresistible, of the professor, the old ones as well as the young ones. They bend their heads forward, cause their chests to swell out, and take long breaths, try to hold themselves on one leg, then on another. Some of them only manage to do so by great efforts, which put them out of breath, and make them sweat immediately. I keep before my eyes a portrait of a man sixty years old, strong, bald, with a great, grey moustache, and who was conscientiously toiling: 'One, two! One, two!' and the doctor tells me he is a former captain of Massachusetts firemen, fallen to this state, and who so much wished to cure himself!

"Beside him, a young man of twenty perhaps, his face pale and thin, keeps on his lips a kind of gay, bewildered smile, and manœuvres with difficulty. The greater part of them wear their hair correctly, the parting quite straight, the hair well flattened down, with a serious and grave air of an Englishman. One particularly, with his brown moustache and blue eyes, has an air of perfect distinction. I asked what was the social position of most of these poor people. There are all sorts—one a doctor in the

army, photographers, a clergyman, engineers, grocers, shoemakers, barbers, employés, a journalist, etc., and all tried their very best to obey orders. At present, stretched on the ground, they are trying to re-establish themselves on their hands. Then I see them running like children after a ball, that they must pass between their feet and transmit from one to the other, so as to take it as quickly as possible to the end of the hall. And they do hurry! And they are amused! For here is sport, and in them the sporting instinct of the race is revived. Soon they can do no more, and the professor stops them with these words: 'Thank you very much, gentlemen!'

"And there they are, running in their sweat towards the douche. There, in a dressing-room properly appointed, they undress in haste, the bathroom suddenly filled with warm vapour, so as to avoid catching cold, and the thirty dipsomaniacs range themselves, one after the other, under the douche of cold water, which cuts the flesh. A few minutes pass, and outside I find some of them scattered freely over the lawn, in their town clothes, smoking their pipes, rosy and fresh as good citizens."

GOING TO BED.

By Henry Hyde Woodcock.

WHEN we consider that we spend at least a third part of our lives in bed, we are astonished at the small amount of attention and thought given to our bed. To all people the bed is of vital importance, for it is in bed that the physical strength and mental capacity of the individual is renewed.

One of the first requisites for securing the greatest amount of comfort and healthful sleep is the proper bed.

The "proper bed" of our ancestors was a large arrangement, with four high corner posts, and curtains and hangings in abundance. Thanks to the spread of hygienic knowledge, this class of bed has almost vanished.

The earliest Britons are supposed to have made their beds by spreading skins on the ground or floor. Savage tribes still adhere to this custom, and for want of skins, simply roll themselves up in blankets. The Japanese bed consists of a piece of matting spread upon the ground with a pillow made of wood.

There may not be that degree of comfort amongst these methods as is experienced by the sleeper on the modern feather bed, but from a health standpoint comparison is useless.

The feather bed is one of the many abominations of civilisation, the feathers causing the body to become overheated, thereby resulting in a broken sleep, unnatural dreams, and a dull feeling in the morning.

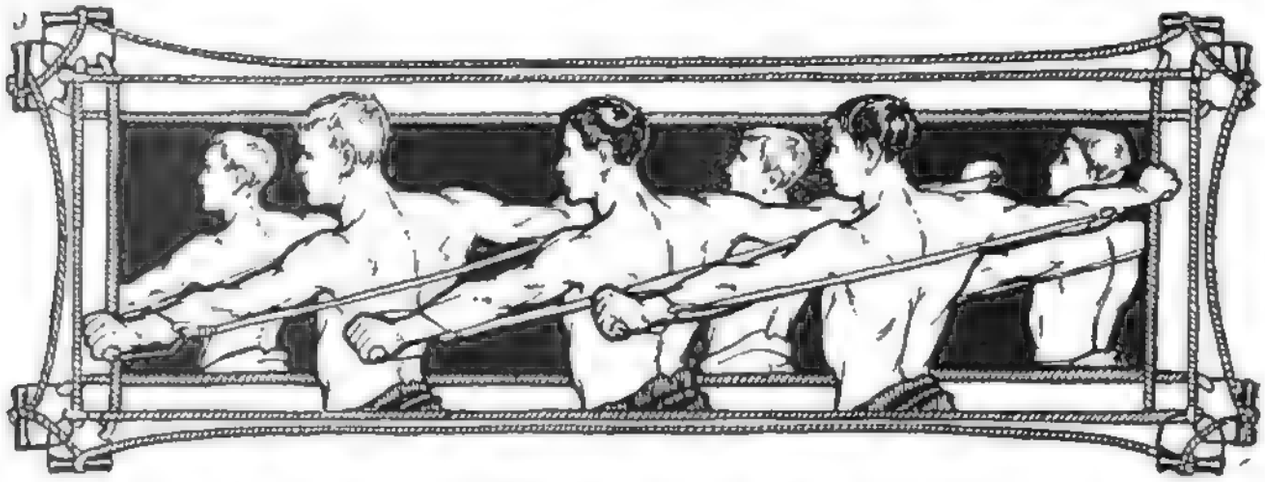
A suggestion is ventured for an ideal bed, viewed both from a health and comfort standpoint. The bed should consist of a brass or iron framework and good hair mattress, with a flannel covering. The sheets should be of cotton or linen, and an extra blanket for cold weather. The pillow should also consist of hair, and should only be elevated a little above the rest of the bedding. The bed should be spread, both during summer and winter, with just the amount of clothing to retain the normal heat of the body.

So much for the preparation of the bed. How about the body? If the occupation of the individual is sedentary, a course of Physical Culture is necessary, occupying from about 15 to 30 minutes, and followed by a warm bath.

The value of a warm bath immediately before retiring is almost unknown. It opens the pores of the skin and draws the blood to the surface, thereby relieving the brain and organs, and it also has a soothing effect on the nerves.

Every garment worn during the day should be discarded at night.

By preparing in the manner described, and stretching the tired limbs on a bed as suggested, the sleep which follows will be sweet and refreshing. And the awakening!—the body aglow, the mind unclogged and clear, and the whole being possessed of a conscious joy in living.



A NEW PROGRESSIVE SYSTEM OF EXERCISE.

POWER and health! These are qualities that all men desire and some are willing to strive for. To this latter class belongs George Elliot Flint, son of Dr. Austin Flint. Mr. Flint, a weakling in his early boyhood, is now a man of giant strength, an athlete, and yet, also, a normal, healthy, robust person.

Mr. Flint, by his own exertions, resulting so fortunately for himself, worked out a system of physical training. For ten years he has observed the results of this system as applied to others, of various ages and degrees of health and strength. Now he has written a book giving in detail his method of gaining and preserving bodily vigour.

The title of this book, "Power and Health Through Progressive Exercise," is descriptive of the results aimed at, but not fully of the process by which they are to be attained.

Mr. Flint's system of physical culture is now among all the many systems now in vogue.

Stated simply, it is this: A gradual development of the power to do very heavy muscular work, and then maintenance of the strength thus acquired by a routine of exercises requiring great muscular power.

It sounds hard, thus boldly expressed. But the promise is of speedy results and ease in preserving what is once acquired. Mr. Flint claims for his system that it requires little time from the person practising it, and there is always something to show for the effort expended.

One and a half hours a week is all the time exacted, and the rule set down by Mr. Flint—"In order to progress man must make efforts progressively intense"—refers to expenditure of muscular energy and not at all to length of time devoted to the exercises.

Dr. Austin Flint has written an introduction to his son's book, in which he refers to the "great importance of exercises that excite interest and lead to results more or less gratifying to the vanity of the individual," and says: "Light exercises are well enough as a preparation to more severe muscular effort; but they usually are monotonous and tiresome, and lead to little result. Much less time employed in more severe but shorter efforts develops more muscular power, enables one to accomplish feats of strength and agility, and may be made to involve an element of competition that excites and maintains interest.

HEAVY WORK FOR UPPER BODY.

In advocating heavy exercise for the upper part of the body, Mr. Flint says: "The modern physical culturists who seek to correct the tendency of man to inequality of development by recommending light exercises for the arms and chest either forget that the legs do only heavy work, or else they fail to recognise the obvious parallelism that, it being natural and physiological for the leg muscles to do heavy work, it cannot be unnatural for the muscles of the arms and chest to do likewise." And his theory of progressive exercise is based on this:

"When a weak muscle is forced to contract repeatedly with almost its full force it gains strength with extraordinary rapidity."

When the muscles are very soft, Mr. Flint advises beginning with a course on the developer. He prescribes a series of exercises, each repeated twenty-five times, that gives work to each muscular part of the body. An ability to repeat the movements with the exercises more than twenty-five times shows that the resistance is too slight, and, as the strength increases, more resistance must be added.

"When you have progressed sufficiently to be able to pull against reasonably heavy resistance with comparative ease," Mr. Flint says, "you are fairly developed above the waist, while your muscles are hard and in good condition.

"After these exercises with the exerciser, run a little on the balls of the feet. Stop when tired, but try to increase your speed, stride, and the distance from week to week."

An exercise with dumb-bells for the beginner to strengthen legs, back, abdomen, shoulders, and arms, and prepare them to endure greater strain is thus described:—

Place side by side two 15 or 20 pound dumb-bells. Stand over them with the legs slightly apart. Now flex the legs, bend over, and, after grasping the bells, toss them to the shoulders by straightening the back and legs simultaneously; then bend the body slightly backward, throw the head back and, keeping the eyes on the bells, push them up to straight arm above the shoulders; then immediately lower them to the shoulders and then to the floor. Repeat this double motion from ten to fifteen times, performing it briskly.

As with the exerciser, an ability to repeat the movement more than, say, fifteen times, proves that the resistance is too slight, in which case larger dumb-bells are to be used.

Next, Mr. Flint advocates the use of the parallel bars of the gymnasium. Before attempting the regular exercises on these, however, one must accustom the muscles above the waist to the weight of the body. This is done gradually on the bars themselves.

RESULTS COME RAPIDLY.

As to the exercises on the bars, Mr. Flint declares: "If a man by persevering practice learns to do them well, and goes through them faithfully three times a week, he will, within a short time, magnificently and evenly develop all the muscles above his waist, particularly those of his chest, shoulders, arms, and abdomen. I know of no other single exercise that will do this in a like degree. It is true that the strain is very great, but if the training be gradual the muscles will at last become large and powerful enough to bear the strain as easily as a man's legs bear the strain of running or jumping."

Next, in Mr. Flint's system of progressive exercises, comes heavy weight lifting, and this, finally, in his own case at least, furnishes sufficient muscular work, with a very brief outlay of time each week, to preserve a large acquired fund of "power and health."

"In the practice of two-handed lifting, I have found it not expedient," says Mr. Flint, "to repeat with bells that I could put up more than five successive times; and the best results have come from making many separate maximum efforts with bells that were nearly quite as large as I could handle.

"At one time, in my own training, I worked at home with only three pairs of dumb-bells, the lightest weighing fifty-five pounds each, the next seventy pounds each, and the heaviest seventy-five pounds each. I used these weights three times a week for from one-half to three-quarters of an hour. I began by curling and pushing the two fifty-five three times; then I did the same five times with the two seventies; so with the two seventy-fives five or six times. All were separate 'lifts,' not 'repeats.' Afterward I repeated with the two seventies four or five times; and when I felt specially strong I also repeated several times with the two seventy-fives. My last exercise was ball-punching.

"The above system, simple as it was, convenient and occupying but little time, was effective; for by it I not only kept

in excellent physical condition, but steadily gained strength."

After the muscular power has been acquired to do great feats of strength with dumb-bells and bar-bells, but little time devoted to this heavy work is required to preserve this acquired bodily power. Half an hour a day on three alternating days a week is sufficient.

The author of "Power and Health" declares that exercises requiring great or moderately great efforts may be continued as long as possible not only without injury, but with positive benefit, since the fatigue resulting from heavy exercises, being only partial, is physiological, and is followed by an exhilarating reaction. If, on the other hand, an easy exercise be continued as long as possible, the system suffers, because in this case the fatigue becomes exhaustion.

"Heavy work," he argues, "cannot be done unless one is strong. By progressive physical culture any sound person can learn to do heavy work; therefore, by progressive physical culture, any person can become strong."

Warding off Old Age.

A famous French general, when asked how it was that he had such an erect carriage, replied that it was because he bent over and touched the floor with his fingers thirty times every day. If he had acquired rigidity of the spine so that he could not do that, he would have had with it weak abdominal muscles, which result in portal congestion. This portal congestion interferes with stomach digestion, and with the action of the liver. The poison-destroying power of the liver is lessened, autointoxication results, and arteriosclerosis and old age come on at a much earlier day. But, by keeping the spine flexible and the abdominal muscles strong and taut, the portal circulation is kept free and old age is held off.

MR. JAMES BRYCE, M.P., at Oldham recently, said he sincerely believed that nothing kept England back at this moment in the industrial and commercial competition of the world so much as the immoderate devotion of young people to athletic sports. It was a terrible pity that young men allowed their minds to be so much occupied in playing on and reading of sports.

Back to the Land.

An opportunity for a practical trial of the theory of "Back to the Land" presents itself. Mr. Harold E. Moore, F.S.I., a writer on agricultural subjects, states that if a sufficient number of capable occupiers apply for small holdings with possession next spring, a suitable farm of 480 acres, one mile from a railway station, and sixty miles from London, can be acquired and fitted for their use.

The property would be handed over to trustees on behalf of the small holders on a perpetual rent charge of 4 per cent. on the total cost. This will probably amount to about £4 10s. per annum for the holding of five acres. Capital for the construction of buildings will also be available at 4 per cent. interest.

The Co-operative Small Holdings Association, 10, Adelphi Terrace, W.C., of which Earl Carrington is president, has undertaken the task of selecting the tenants.

Climbing 729 Steps.

A stair-climbing contest was held on the steps of the Eiffel Tower recently, 300 competitors meeting to climb the 729 steps leading to the second platform, which is 373 feet high. The competitors, who were of all ages, and included several very stout men, were divided into four sections—described as veterans, pupils, professionals, and amateur walking champions. All were in racing costume, and wore india-rubber shoes. The race began at 9 a.m., in wet weather, the competitors climbing at intervals of one minute. The first batch were the 120 pupils and veterans, and it was astonishing to watch the speed with which they raced up the long winding staircases. The winner among the pupils was Lutz, of the Stade Francais, who performed the feat in 3 min. 19 sec. The veterans' prize was carried off by a M. Thiebaud in 3 min. 29 sec. Forestier was the winner among the professionals, in the time of 3 min. 12 sec.; Menu, who climbed the stairs in 3 min. 3 sec., being disqualified for having taken unfair advantage.

If I am master and thou are master, who shall drive the asses?—ARCHBISHOP TRENCH.

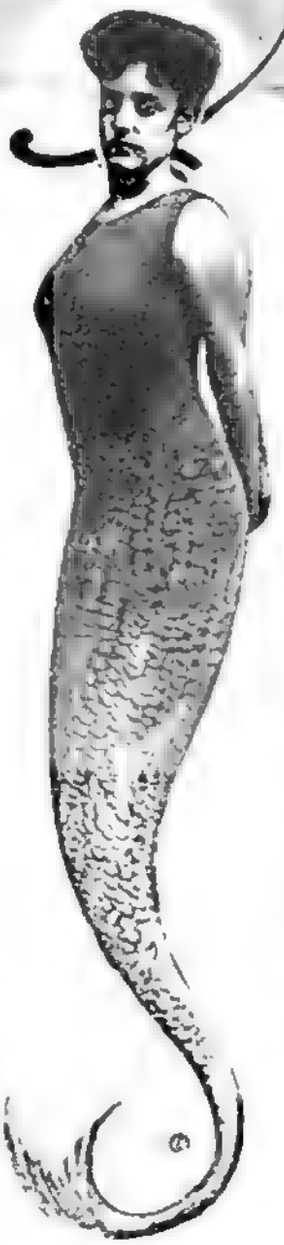
Sir John Gorst on the Physical Condition of School Children.

(A RECENT LECTURE.)

IMPORTANT as were questions of franchise, Home Rule, and of fiscal policy, said the lecturer, they all sank into insignificance in comparison with the great question of health and strength of the people of this country. (Hear, hear.) Taking the case of the children, if it were germane to the subject, he would ask them to recollect the frightful death-rate amongst infants, and even children over five years, which was school age. They were shocked at the figures, but there were many more children who, in earlier years, suffered physical mischief which was remediable. When children went into the schools, and they were compelled to go there by law, the public authority took no trouble to ascertain their physical condition. There was no medical examination as in many other countries. This was one of the first things which should be altered. (Hear, hear.) But it was not enough to ascertain whether a child was ailing; a wise Government would see that its ailment was treated. (Hear, hear.) For the further development of those children, he would also appeal to the family instinct, to fatherly and motherly love. (Hear, hear.) The real root of human society was the family, and he did not think they had invoked this feeling sufficiently in this country. Parents should not only take the keenest interest in the education of their children, but also in the management of the schools, and they should also be represented on the management of the schools. (Hear, hear.) He advocated a system of visitation of the homes of the children by medical men or skilled women, believing that, in many cases, the ignorance of parents would be removed and the child would benefit. (Hear, hear.) In case of neglect, of course, the public authority would step in. It might be said that, on account of poverty, parents could not carry out the instructions of a medical man, but, in this country, no child had a right to suffer because of poverty. (Hear, hear.)

In the schools themselves ventilation should receive more careful attention; lighting was important, for blindness and defective sight often resulted from mistaken lighting; there should be an improvement in the warming of schools; children should not be allowed to sit all day in wet boots, school slippers might be provided. More satisfactory desks should be provided, and physical exercises should be much more carefully and scientifically conducted. What might be suitable drill for a sergeant to give to a raw-boned clodhopper was quite unsuitable for little children. (Hear, hear, and laughter.) He also advocated the provision of a school meal, where necessary. In Birmingham, breakfasts were supplied at the cost of one penny, and dinners for 1½d., and where this 2½d. could not be paid by the parents, then the State had a duty to perform. (Hear, hear.) He advocated those matters on the grounds of humanity, because there was nothing more cruel than to try and force education into a child physically unfitted to receive it; on the ground of economy, because it was better to spend a few pounds on the child and to make it healthy and strong, than to have to expend hundreds of pounds upon it when it grew old; on the ground of self-preservation, because many schools which were left unlooked after were hotbeds of disease; for national reasons, because they wanted a nation and an Empire of strong and healthy men and women; and lastly, because of the rights of the children, who, above every section of the community, should receive most careful attention. (Applause.)

The AUSTRALIAN MERMAID.



By J. ST. A. JEWELL.

— II. —

MISS ANNETTE KELLERMANN

ASK anyone who has ever had the pleasure of meeting Miss Kellermann what their impression of her was one hour after introduction, and they have but one word—"Charming!" It begins at that—at that it ends. There is really nothing more to say one way or another—just that one word—"Charming!"

Ask me to elaborate it, dissect it, put it before you in true proportions, and I feel lost. To even try and do so is as idle as painting the lily, but—listen while I commit sacrilege.

A beautifully proportioned girl, just on the threshold of womanhood—upright, graceful, dressed simply but with faultless taste in a creamy blouse and pleated tweed skirt. Head well poised, crowned with black silky hair, and a pretty oval face which was never without a smile, and a pair of the darkest of dark brown eyes. As she extended her hand in greeting, I said to myself, "Typical American." After two minutes' conversation, I said to myself, "French in all but accent." In another three minutes I pinned her down to Australia, for I caught here and there the delightful accent of New South Wales.

"And you have come from SANDOW'S MAGAZINE to interview me. How nice!" she said.

I gently admitted the soft impeachment, pulling out my note-book as I did so.

She laughed—'twas a hearty laugh, natural, unaffected, and it seemed in keeping.

"Tell me something of your Channel swims, Miss Kellermann," I said, breaking boldly through the preliminaries, and going straight to the point.

"Oh, yes," she said. "I *did* have hard luck, didn't I? The tides are terrible—none can realise what a swim it is unless they try it."

"And do you," I said, "attribute your failures to cross to the tides solely?"

"Why do you say 'failures?'" she asked. "You all seem to be under the impression that I made several attempts; while, as a matter of fact, I only made one."

"But surely," I said, "you made three attempts, did you not?"

"Oh, no—nothing of the kind. This is a point I must make clear to you. You see," she went on, very earnestly, "when one is bent on swimming the

Channel, one must always be in readiness in every way. The tug boat must always be on hand, also the pilot, the massageuse—everybody, in fact. The weather is fickle, and one never knows when an opportunity may occur. Therefore, it happened that every time I went for a long practise swim in the Channel, accompanied by all my people and the boats, the reporters immediately said that I was about to start. Of course, I couldn't stop them from saying just what they pleased, could I, Dad?" The appeal was to her father, a charming Sydney gentleman, who had arranged the appointment for me.

Mr. Kellermann smiled quietly. He knows reporters, does Mr. Kellermann. After a pause he said, quietly, "They must earn their salaries, you know."

"Yes," said Miss Kellermann. "I made but one attempt, and I failed. It was a good attempt, though, and I should not have given up but for the fact that I became horribly sea-sick. It was coming on for an hour before, and I felt so bad that I couldn't talk to my people on the boat. They knew from that fact alone that I was in difficulty, and we all became glum."

Mr. Kellermann explained, "When my daughter is swimming," he said, "she always laughs and jokes with us as long as she feels fit. When she ceases to laugh and joke, something is wrong—very wrong."

"I was close to the Varne Buoy when they took me out," said Miss Kellermann—"it was hopeless. In my case, it was too much to expect. I left it too late, and, as it was, I started knowing it was a forlorn hope."

"Why do you say that?" I asked.

"Because it could be called nothing else. It was the last opportunity, as my engagements were such that I had to leave Dover a day or two after the attempt. Had I not tried, I should have disappointed so many—and I hate to disappoint people."

"And next year, Miss Kellermann—will you try next year?"

"Why, of course I shall," she answered, with surprise. "Whatever makes you ask?"

You who read this—look at her photo. Can you detect in her face anything that betokens such grim determination as her question to me implied? Candidly, I can't.

And yet grim determination must constitute a large part of her mental make-up. Many of her long swims are stories of indomitable pluck, iron will, and determination. The more you study them, the more it strikes you, and I who *had* studied them carefully, marvelled as I discussed them with her.

"What, in your opinion, is the greatest aquatic feat you have yet accomplished?" I asked.

"The Paris swim," she said, instantly. "People here did not, I believe, attach much importance to it, but it was a feat of which I'm proud. Nine started, and only four of us finished—three of the four being Channel swimmers."

"Why was it such a hard swim?" I asked.

"Well, the wind was blowing fairly strong, and the Seine, as you perhaps know, is spanned by innumerable bridges. Every arch was like a funnel, and the wind blew through awfully hard. We all had to swim our hardest to get through each bridge at all, so that we were continually spurting. Moreover,

PREPARING FOR THE CHANNEL SWIM.

when I was about three bridges from the end, my people told me (to cheer me up, I suppose) that I had only one more bridge to pass, so I swam my hardest, only to find when I was through what I thought was my last bridge that I had three more to pass. I had enough when I reached the end of the course, I can assure you."

"And you used your famous trudgeon stroke all the time, I suppose?"

"As always—yes. It is my favourite. Old swimmers used to tell me, a few years ago, that I could never keep it up for more than a mile; but I find that I can go on with it hour after hour without tiring. In fact, after a time it becomes almost mechanical."

Mr. Kellermann was eyeing the clock. "I'm sorry," I said, taking the hint. "I'm detaining you?"

"Come and see us after the show," said Miss Kellermann, "and you shall see some of my photos."

And with that she was gone.

You know the Hippodrome, of course. It is one of the many products of the fertile brain of Mr. H. E. Moss, the gentleman who provides entertainments for the pleasure-loving public with a prodigal hand. The Hippodrome has the reputation of securing "turns" that absorb little fortunes to secure—always the best, most novel, and unique.

Perhaps it is unnecessary for me to state that it was at the Hippodrome I sat in luxury (by courtesy of the management) to watch Miss Kellermann's show. And what a show it was!

First she appeared in a red robe on a long spring diving-board, and bowed. She had the house at her feet in a moment, for a roar of applause greeted her. Apart from all else, the audience saw in the red-robed figure the 18-year old girl who had set herself the task of swimming from England to France, and, homage to youth, homage to beauty—they cheered her to the echo.

Then the red robe slipped from her shoulders, and showed her in close-fitting bathing dress, the very embodiment of womanly grace, perfect physical development, and youthful energy.

She dived into the water ten feet below without raising a ripple, and then began a series of imitations of other famous

SNAPSHOT OF MISS KELLERMANN DIVING.

swimmers—Holbein, Burgess, and the rest. Then she swam round and round the huge tank, using her famous trudgeon stroke, and one was struck immediately with its enormous driving power.

Back to the diving-board again, and then—a series of beautiful dives. Front dives and somersaults, back dives and somersaults; they followed each other in rapid succession. Then the most beautiful of all—an imitation of a dolphin. It cannot be described; it must be seen to be appreciated. In mid-air the body assumed all sorts of beautiful curves, from the jump from the end of the board, to the final plank in the water. As an imitation, it was perfect, and to those who have from the foc'sle head of a moving ship watched the dolphins jump and dive as they piloted the way, it appealed strongly.

Then the end of the show—all too soon! A rush to the end of the board, a mighty spring, and a rush through air with the body bunched up into a ball, knees closely held to chin by a grip of the arms.

Sposh! right into the middle of the miniature lake with a smother of spray and a wild "Coo-ee." They took it up

in the stalls, in the grand circle, in the gallery. From all parts of the house came the answer—"Coo-ee—Coo-ee—Coo-ee."

And with the cry ringing in her ears, she stood at the tank side for one brief moment, bowing her acknowledgments, her face radiant with smiles, and then was gone.

When the show was over, I saw her once more at her hotel, and with her and her father chatted over possible future triumphs.

And she handled us gently—we cold, undemonstrative English people. "They have all been so kind to me," she said; "so very kind."

On behalf of the British public I thanked her. Then I said, "Tell me before I go your greatest ambition."

For a moment she looked doubtful, and asked her father: "Shall I tell him, Dad?"

"You must please yourself," said Mr. Kellermann. Then she turned to me and said, "I'd love to be a great actress better than anything. *That* is my ambition."

"Better than swimming the Channel?" I asked.

"That's not fair," she said. "Besides, I love swimming better than any sport, and always try to further it."

"Put that in message form for my readers, will you?" I asked.

Then she took pen and wrote:—

Hotel Europe,
Leicester Square,
London, W.C.

Tell your readers that swimming's the finest sport of all. Encourage them to adopt it, and good luck to them. Be quite certain that before they attempt to swim the Channel, they are able to swim more than two hundred yards. A little girl told me SHE *was going to* SWIM *the Channel next year. On asking her longest swim she said, "Oh, a hundred and fifty yards!" Well, whoever tries, the "Coo-ee" girl wishes them the best of luck.—Good-bye.*"

ANNETTE KELLERMANN.

Now, as I sit in my study and write the story of my interview with the Kellermanns, my grievance is against the Editor, who says, in effect, as regards space, "So much shalt thou have, and no more."

MISS KELLERMANN IN MUFTI.

There has been so little said, while there was so much to say. Perhaps I may meet them both again, and if I do, I should like to know which would be proper—to congratulate the father on having such a daughter, or the daughter on having such a "Dad."

FROM NEAR and FAR.

Educational Developments at Jarrow.

The discussions on school hygiene at a recent conference in London have led the Jarrow Education authority to introduce in the schools in the borough systematic training in physical culture. The bodily development of the children is to receive greater attention than hitherto, and new instructions have been laid down for the guidance of the head teachers, who, I hear, are in sympathy with the methods projected. Physical recreations are to be sandwiched between the lessons that call only for the mental effort, and thus it is hoped to establish a pleasant variation in the school work. Three features of the plan just adopted are of an eminently sensible kind. The eyesight of the children is to be periodically tested, fire drill is to be regularly taught, and habits of cleanliness are to be specially inculcated. At the end of each year there will be public exhibitions in physical skill by adept pupils.—*Newcastle Chronicle.*

THE NATIONAL LIFE LEDGER.—The Registrar-General's returns for the quarter ending September records another decline in the birth-rate in England and Wales, which was lower during that period than in any third quarter of the year since civil registration began. At the same time, the death-rate was well below the mean rate for the ten preceding third quarters, so that the natural increase in the population was 114,413 in 1905, against 103,771 in 1904. The following table gives the births and deaths for England and Wales during the quarter ending September, and the persons married for the quarter ending June, with the annual rates per 1,000 population and the mean averages for the ten preceding and corresponding periods:—

	No.		Rate.	Mean Av.
Births	285,205	.....	27.3	..... 29.1
Deaths	129,792	.....	14.0	..... 16.5
Marriages	141,854	.....	10.7	..... 17.2

London's birth-rate is given at 26.8, and the death-rate at 14.6 per thousand. There were 204,162 births and 153,133 deaths during the September quarter in the United Kingdom, the rates per thousand being 27 and 14.1 respectively. The number of persons married in the June quarter was 118,072, or at the rate of 15.6 per thousand.

Olla Podrida.

IT is not generally known that G. W. Smith, the champion hurdler and try-getter of the "All-Blacks," was for several years one of the champion light-weight jockeys of New Zealand. He has helped to bring off some rare handicap coups for Major George. He could then do 6 st. 10 lb.; now he tips the beam at 11½ st.

THERE are two claimants in the field for the honour of being the heaviest policeman in the English police force. The honour, however, so far as is known at present, belongs to Police-constable Stevens, of Leicester, who scales 23 st. 2 lbs.

AN INVENTION OF THE DEVIL.—"The so-called indiarubber teat or 'comforter' is an invention of the devil," declared Sir William Broadbent, speaking at a council meeting of the invalid Children's Aid Association. "It may keep the baby quiet, but it is a fraud on the child and wastes the digestive secretions. It is a source of filth and disease, and picks up all sorts of impurities when it falls on a dirty floor."

A WOMAN EARNS A MAN'S PAY.—Mrs. Punton, who for twenty years has acted as shepherdess on a large farm in the Lammermuir Hills (Scotland), is the only shepherdess in the Inland Revenue returns who receives a man's full wage and does a man's full work.

AN ATHLETIC VISITOR.—A well-dressed man, wearing a frockcoat and silk hat, boarded a whaler recently lying in Dundee Docks, and asked permission to run up the rigging. No objection being offered, the stranger instantly mounted the rattlins. He showed remarkable agility, and on clearing the top yards, climbed the pole of the mast till he reached the highest point. Then, coming down to the yard, he caught hold of the backstay and slid to the deck.

SWIMMER SAVED 74 LIVES.—Swimming honours can be gained in other directions than in attempting to swim the channel, as the wonderful record of Mr. William Adams, of Gorleston, shows. He is a teacher of swimming, and has saved 74 lives.

TESTS OF STRENGTH.—For a wager, a peasant of Irsingen, Middle Franconia, undertook to pull a cart weighing 7 cwt., and laden with 10 cwt. of hay, from Ettringen to Turkheim, a distance of over three miles, within two hours, without stopping. He won the bet, which was for the load of hay itself. Another wager, says the *Hamburger Nachrichten*, was taken by a cobbler of Heidenkofen, Bavaria. This bet was for a gallon of beer, which he was to receive if he could smash two earthenware beer mugs on his cranium. He also won, with no worse consequences than a few bumps. The chronicler adds that the thick-skulled cobbler drank the gallon of beer at one sitting, but does not say what size his head felt the next morning.

THE BEST DIET FOR THOSE WHO WOULD BE HEALTHY.

A READER asks for a list of foods for a week's menu, which will be so arranged as to comprise only those foods which make for health. In other words she would like a health diet.

There are diets for the fat, for the lean, for the nervous, and for the bilious; indeed, there are so many different diets that the person who is not a "food crank" of some kind is behind the times. So far, however, no one diet has been found that suits everybody — and no one has satisfactorily compiled a health diet, because no two people suffer from the same complaint. "A" may have a tendency to leanness, while everything "B" eats goes to fat; and what is good for "A" will make "B" look worse than ever. So there we are, back to our question: Is there a health diet, and, if so, how can it be found?

There is a health diet, dear reader, but I cannot find it for you. You must do that for yourself.

The other day three readers were discussing the question of dieting. The lady, of course, wanted to improve her looks, and had arranged her menu with that end in view. "I am eating raw onions all the time," said the nervous woman—"except when I'm chewing violet-root to counteract the odour—and my nerves have been so much benefited. I take the tiny little onions and eat them, sliced, between biscuits, for every meal, and one biscuit the last thing at night. Onions have cured me of insomnia, and those frightful circles under my eyes that I used to have in consequence are quite gone.

"Besides my onions, the doctor lets me eat almost anything I like, except tea, coffee, and highly-spiced foods—oh, yes, the onion diet makes one better looking!"

"Onions!" exclaimed the one-time dyspeptic. "The very thought of them makes me ill. I should look like a fright if I ate a single one, for they completely upset my stomach. Now, the real health diet is the milk diet. I take a glass of warm milk before getting up in the morning, and another at intervals of an hour during the day until I have taken two quarts. In the evening, at about 7 o'clock, I have a light dinner —a little clear soup, chops or steak, a little beef or chicken, one fresh vegetable, a baked potato, and a light salad without dressing. This diet has done wonders for me. I have gained flesh, my stomach is in perfect condition, my complexion clear and rosy, and I bless the doctor who prescribed this *regimen* for me."

"Onions I can't bear," said the business man, "and, as for the milk diet—well, I tried that, and every afternoon at about 2 o'clock I simply felt too weak for work, simply limp and useless, until I had to give up the milk diet and set to work and find something that would sustain me during working hours, and would neither make me too fat, too lean, nor too bilious—in fact, a health diet for a busy man.

"Of course, I'm perfectly healthy, but I take more exercise than either of you do, and I work harder, and a little milk or a handful of onions would never do for me. The kind of food I was getting at restaurants, and even the simple cooking we had at home did not seem to agree with me. I had an idea that I must eat a lot to keep my strength up, but finally I perceived that I was giving my digestive organs much more work than they could possibly do. So I went in for a short fast. Oh, nothing heroic! For a few days I went without breakfast, drinking quantities of water, instead of my former hearty meal.

On a day when I could stay at home, and did not have to work, I fasted until evening, with nothing but water and a little grape juice to drink.

"Then I began my new way of eating. The principal thing about my health diet is that I never eat unless I'm hungry, and never one mouthful after hunger is stilled. Besides that, I masticate every mouthful carefully until it is thoroughly mixed with saliva. I eat the things I crave, for I believe that our Natural instincts are our proper guides, unless they have been perverted, as is usually the case, by the sense of taste. I am carefully watching my children, whom I am bringing up in this way. I never force them to eat unless they want to, and they were taught at an early age that proper mastication of their food only prolonged the pleasure of eating, so that now it has grown to be a habit with them. They are thoroughly healthy children; from choice, vegetarians. My small son especially objecting to flesh in any guise, excepting fowl and fish. We eat all kinds of vegetables and salads, a good deal of fish, plenty of fruit and milk and whole-wheat bread, and I am sure our diet is a healthy one."

The business man spoke truly, for he had found the rudimentary principle which everyone should observe in eating.

Never eat unless you are hungry—no matter whether it is dinner-time or not. Never eat one mouthful after hunger is stilled. The man who eats more than his stomach craves, "so that the food won't be wasted," is making a human refuse pail of himself. Besides that, he is clogging his system with material that it does not need and cannot assimilate.

The entire organism makes heroic efforts to throw off this clogging matter, often without success, and there you have the root of most diseases, and the greater part of the cause of the spoiled, dark and blotchy complexions we see around us. Always masticate your food thoroughly, chewing each mouthful into a pulp. Even liquids should be kept in the mouth until mixed with saliva.

After these rules have become habits the health diet is easily chosen, for Nature and instinct will be your guide. There are certain foods which have always been associated with the cult of beauty. They are usually such as act directly on the liver, promoting secretion and excretion, and increasing nutrition.

There is one more suggestion for the health dietist. Don't forget that it is quite as necessary for the grown-up person to eat simple foods as it is for the child to abstain from a conglomeration of fancy dishes. The famous athletes and beauties of history confined themselves to one or two dishes at each meal. Some, in fact, chose one particular vegetable or fruit and ate nothing else, as did one of the beauties of Louis Philippe's court, whose menu consisted of oranges—one dozen for breakfast and luncheon, and another dozen for dinner, with a slice of brown bread and a glass of Bordeaux. The Marquis of Crequi, who lived to be a hundred, ate only vegetables cooked in chicken broth. However, these men and women lived and died long before the strenuous days of steam engines, electricity, motor-cars, and general nervous frenzy.

THE HUMAN FORM DIVINE

RUDE SMALL BOY. "Say, mister, your legs are put on too far apart!"

THE DURABLE SATISFACTIONS OF LIFE.

Live To-day—and Every Day.

An Address to Students by CHARLES W. ELIOT, President of Harvard University.

I HAVE had a chance to watch a long stream of youth growing up into men and passing on to be old men, and I have had a chance to see what the durable satisfactions of their lives turned out to be. My contemporaries are old men now, and I have seen their sons and their grandsons coming on in this ever-flowing stream. For educated men what are the sources of the solid and durable satisfactions of life? That is what I hope all are aiming at—the solid, durable satisfactions of life; not primarily the gratifications of this moment or to-morrow, but the satisfactions that are going to last and grow. So far as I have seen there is one indispensable foundation for the satisfactions of life—health. A young man ought to be a clean, wholesome, vigorous animal. That is the foundation for everything else, and I hope you will be that, if you are nothing more. We have to build everything in this world of domestic joy and professional success, everything of a useful, honourable career, on bodily wholesomeness and vitality.

This being a clean, wholesome, vigorous animal involves a good deal. It involves not condescending to the ordinary barbaric vices. One must avoid drunkenness, gluttony, licentiousness, and getting into dirt of any kind, in order to be a clean, wholesome, vigorous animal. Still none would be content with this achievement as the total outcome of his life. It is a happy thing to have in youth what are called animal spirits—a very descriptive phrase; but animal spirits do not last even in animals; they belong to the kitten or puppy stage. It is a wholesome thing to enjoy for a time, or for a time each day all through life, sports and active bodily exercises. These are legitimate enjoyments, but if made the main object of life they tire. They cease to be a source of durable satisfaction. Play must be incidental in a satisfactory life.

What is the next thing, then, that we want in order to make sure of durable satisfactions in life? We need a strong mental grip, a wholesome capacity for hard work. It is intellectual power and aims that we need. In all the professions—learned, scientific, or industrial—large mental enjoyment should come to educated men. The great distinction between the privileged class—the class that has opportunity for prolonged education—and the much larger class that has not the opportunity, is that the educated class lives mainly by the exercise of intellectual powers and gets, therefore, much greater enjoyment out of life than the much larger class that earns a livelihood chiefly by the exercise of bodily powers. You ought to obtain, therefore, the trained capacity for mental labour, rapid, intense, and sustained. That is the great thing to get in college, long before the professional school is entered. Get it now. Get it in the years of college life. It is the main achievement of college life to win this mental force, just inference, and sustained thought, for everything that we mean by the reasoning power of man. That capacity will be the main source of intellectual joys, and of happiness and contentment throughout a long, busy life.

But there is something more, something beyond this acquired power of intellectual labour. As Shakespeare puts it, "The purest treasure mortal times afford is spotless reputation." How is that treasure won? It comes by living with honour, on honour. Most of you have begun already to live honourably, and honoured—for the life of honour begins early. Some things the honourable man cannot do, never does. He never

wrongs or degrades a woman. He never oppresses or cheats a person weaker or poorer than himself. He never betrays a trust. He is honest, sincere, candid, and generous. It is not enough to be honest. An honourable man must be generous; and I do not mean generous with money only. I mean generous in his judgments of men and women and of the nature and prospects of mankind.

How does honour come to a man? What is the evidence of the honourable life? What is the tribunal which declares at last, This was an honourable man? You look now for the favourable judgment of your elders—of parents and teachers, and older students; but these elders will not be your final judges, and you had better get ready in college to appear before the ultimate tribunal—the tribunal of your contemporaries and the younger generations. It is the judgment of your contemporaries that is most important to you, and you find that the judgment of your contemporaries is made up alarmingly early; it may be made up this year in a way that sometimes lasts for life and beyond. It is made up in part by persons to whom you have never spoken, by persons who in your view do not know you, and who get only a general impression of you; but always it is contemporaries whose judgment is formidable and unavoidable. Live now in the fear of that tribunal—not in abject fear, because independence is an indispensable quality in honourable men. There is an admirable phrase in the Declaration of Independence, a document which it was the good fashion of my time for boys to commit to memory. I doubt if that fashion still obtains. Some of our public action looks as if it did not. "When in the course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth the separate and equal station to which the laws of Nature and of Nature's God entitles them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation." That phrase "a decent respect" is a very happy one. Cherish "a decent respect for the opinion of mankind," but never let that interfere with your personal declaration of independence.

Look forward to the important crises of your life; they are nearer than you are apt to imagine. It is a very safe protective rule to live to-day as if you were going to marry a pure woman within a month. That rule you will find a safeguard for worthy living. It is a good rule to endeavour hour by hour and week after week to learn to work hard. It is not well to take four minutes to do what you can accomplish in three. It is not well to take four years to do what you can perfectly accomplish in three. It is well to learn to work intensely. You will hear a good deal of advice about letting your soul grow and breathing in without effort the atmosphere of a learned society or place of learning. Well, you cannot help breathing and you cannot help growing; these processes will take care of themselves. The question from day to day is how to learn to work to advantage; and college is the place, and now is the time to win mental power. And, lastly, live to-day and every day like a man of honour.

A CLERICAL RUNNING CHAMPION ON SPORT.—The Rev. W. E. Lutyens, of St. John's, Westminster, formerly a successful runner and athlete, in a recent debate at the Church Institute, Chelmsford, said man's desire for sport could not be eradicated, but they must realise that physical fitness was a gift. Professionalism was bad, and the 30,000 people who watched 22 others playing football ought to be playing themselves. He claimed athletics as an essential part of man's life, but to succeed they must have resolution, self-control, and endurance.

THE BAREFOOTED GUEST.—A story is told of "Almond of Loretto," the famous headmaster of the great Scottish school. When invited to a dinner party at Edinburg on one occasion, Almond found that he possessed no dress-boots, and so bought a pair in Musselburg. They were so tight that he discarded his socks, but by the time he reached his host's house and sat down to dinner, the boots were almost unbearable. He quietly drew them off under the table, intending to slip them on again before rising. In an animated conversation he forgot all about them, and on the ladies withdrawing he found himself advanced to open the door, displaying, to their amazement, no less than his own, a couple of wonderful bare feet!

WALKING A HEALTH TONIC.

WALKING, which also means standing erect, with shoulders thrown back, lungs expanded and head well poised, is the best tonic that can be prescribed for exhausted brains, weakened muscles and worn out nerves. It strengthens the digestive organs, drives the blood away from the tired brain, and is one of the best cures for nervousness.

There is no better way of curing rheumatism than by a walk in warm weather. You have all the advantages of the Turkish bath without the danger of breathing impure air. Physicians have cured the worst kinds of rheumatism, stubborn forms of indigestion, aggravated cases of insomnia, and all sorts of nervous diseases by exercises in breathing and walking.

That tired feeling which walking brings on is natural, and in a few weeks' practice one is able to walk a mile or more without fatigue.

The walking is of itself a recreation and a great help to the development and preservation of physical symmetry. Its tonic effects are much better when one walks correctly and at regular times.

In order to walk correctly, one should stand quite erect, and breathe in a proper manner, then swing the leg from the hip. By so doing the muscles which are strongest bear the strain, and the length of the stride is increased several inches. The heel touches the ground first, and *not the toe*, and a slight spring is given from the ball of the foot to aid in making another step.

In the matter of clothing, most persons have neither proper shoes nor dress, and appropriate dressing is an important item in order to secure the fullest possible benefit. One can make the most progress, and make it in the greatest comfort, by wearing an easy-fitting shoe with heavy sole, and made without a heel, so the foot from toe to toe may rest flat as Nature intended it to do, and the weight of the body be distributed over the whole body. For women let the corset by all means be comfortable, and made to fit the figure, and the skirt short enough to escape the ground.

The walking is of itself a pleasure and a great aid to health and beauty. It is made much more beneficial by company. With good companionship the hours thus spent pass swiftly, and fatigue is scarcely felt.

Thoreau, in his remarks about walking, maintained that one ought to have no definite end or aim in view, nor any specified measure of time. But this was merely a piece of affectation, for he did not practice what he preached. He always knew where he was going and why; and he wrote all about it when he returned.

I think it would be a rather stupid person who could walk on the Thoreau principle and not tire of the monotony. But this can be overcome by making the exercise contribute interesting thoughts, or by giving to the mind change of thought.

The exhilaration of spirits can be illustrated by one case I have in mind. A solemn little mother with weakened muscles and threadbare nerves joined our walking club, and after a few days' practice in the stimulating air was made to shout for joy—even guilty of shouting like a boy—as she felt the blood circulate vigorously through the body.

The great advantage in walking for a pastime is the tonic effect on the body and mind. This is due to the freedom from worry and the exercise in the open air which stimulate the appetite, and brings into a state of activity a part of one's system generally neglected.

As to the time for walking, that depends somewhat on the season. In summer it is best to walk in the early morning hours or after four o'clock in the afternoon. And we all know how the doctor advised Sydney Smith "to

take a walk on an empty stomach," and that gentleman's innocent query—"on whose?"

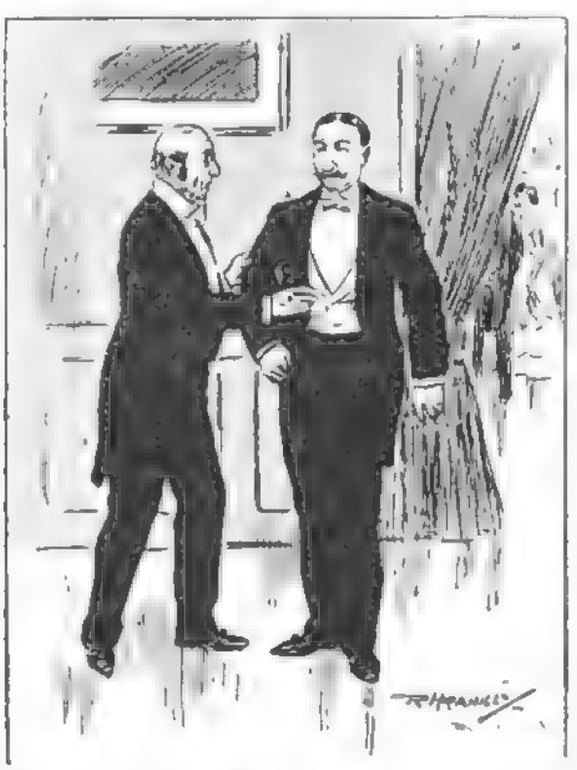
You can not do a better thing than form a walking club and occupy yourself "making a walk," for with that walk you will "make" also a bright complexion, a better digestion, a sweeter disposition and an antidote to nervousness and melancholia—indeed, old age can be warded off many years.

Just to think that a woman may become young and beautiful!

And it is true, for a certain amount of the elixir of youth is bestowed on every persistent walker.

FOOD CONSUMPTION.—The following table shows the consumption per head of certain articles *imported*:—

	lb.		lb.
Bacon and hams	16.35	Wheat, meal, and flour	54.37
Beef	20.24	Pork	2.46
Butter	10.57	Potatoes	23.52
Cocoa	1.20	Rice	14.34
Coffee	0.71	Sugar, raw	33.28
Wheat	232.53	,, refined	49.02
Maize	132.08	Tea	6.03
Fresh mutton	11.11		



ELDERLY M.D. (to brother practitioner): "My dear boy, I've been looking for you everywhere. You must come to be introduced to Miss Jones; she has the most perfect vaccination marks I've ever seen."

When you Care for a Girl.

Gee! ain't it funny the things thet you do,
An' gee, ain't it funny thet life seems so new,
An' how yer ambition has suddenly grew,
When you care for a girl!

An' then you don't care to be stayin' out late,
An' your home-goin' always is sober an' straight,
An' your mind's always thinkin' o' Wednesday night's date,
When you care for a girl!

Never before had you owned a clothes-brush;
No longer you say to the married men, "Tush!"
An' you find out how easy it is to talk mush,
When you care for a girl!

My! how you hated to carry a shawl!
Now you'd lug bundles all day till you fall;
You even say "Music," when kids start to bawl,
When you care for a girl!

Flowers were things that you'd never prefer;
Now every rosebud reminds you o' her.
Yes, things as they is ain't like things as they were
When you care for a girl!

—JOHN EDWARD HAZZARD, in the *Smart Set*.

TO WIN A GRACEFUL WALK.—The following exercises are said to develop the lines of the figure and make walking a graceful performance:—1. Walk on tiptoe, toes slightly outward, with the knees straight, the hands clasped tightly behind the head, elbows as far back as possible. The more tightly the hands clasp the back of the head and the further back the elbows are held, the better the result.

THE TEETH.—Physical deterioration and irregularities of the teeth are necessarily intimately correlated, because the conditions which give rise to imperfect development are almost invariably associated with prolonged malnutrition and emaciation. We cannot expect physical development to go on satisfactorily so long as the teeth are decaying or otherwise diseased. . . . . I have been struck by the marked superiority of the teeth of those who eat the least soft and refined food, and by the fact that those who have been brought up on and continued to eat natural unrefined food, have a much better digestion than those who eat the most refined and apparently physiologically digestible food. In other words, that food which demands efficient mastication is not only best for the teeth, but for the stomach and intestines also.—DR. J. SAM WALLACE (*at the British Dental Association*).

BLESSING THE POLICE.—Having made £10,000 in Californian mines, James Nolin came to England to participate in the Coronation festivities in 1902. Since then he has dissipated his fortune, and, penniless and a physical wreck, he was charged with being drunk and disorderly. He appealed to the magistrate to send him to the workhouse hospital to recuperate. Upon being discharged he shouted, "God bless the Preston Police, who have unquestionably saved my life!"

WHAT A CONSUMPTIVE MUST NEVER FORGET.

CONSUMPTION is curable, but not in the same way as acute rheumatism or diphtheria.

At least a year of constant watchfulness is necessary after a patient has left the sanatorium apparently in robust health.

"If curable, why not cured?" is often asked by people who see their friends relapsing after apparent cures, or by those who are disappointed to find themselves suffering again from symptoms they had imagined to be gone for good. It is with somewhat disheartened feelings they return to the haven of the sanitorium which they quitted some time before, looking so plump and rosy, and feeling so extraordinarily fit.

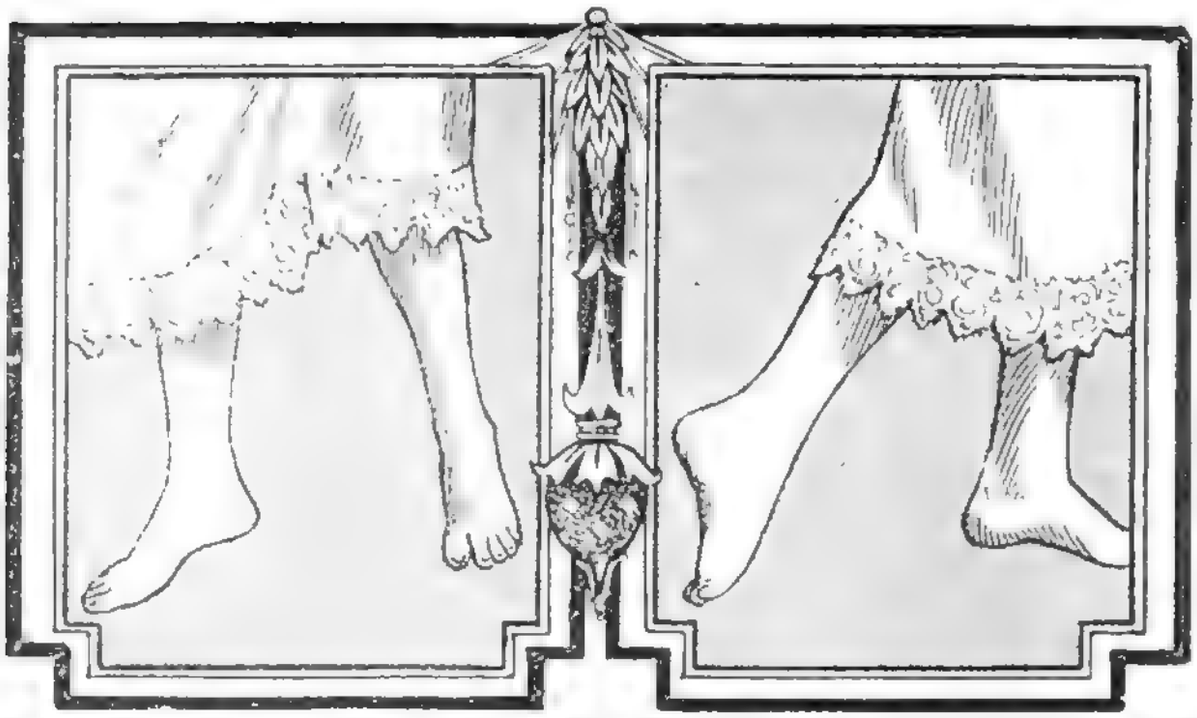
The real truth was summed up years ago by Laennac, who said: "The cure of tubercular phthisis is possible to Nature; it is not yet so to medicine." What sanatorium treatment does is to put the consumptive in a position which allows Nature to do her best for him, a remedy which sounds simple enough, but has wanted a great deal of finding out. The sanatorium physician fights the disease indirectly; he helps the consumptive to cure himself by improving his general health and increasing his powers of resistance. The comment of a university oarsman, one of the best rowing coaches of the present day, who happened to see a good deal of sanatorium life, was that the treatment appeared to be much the same as the training for a 'varsity boat race.

Nature undertakes the repair of the injured lung in many different ways, and much of the welfare of the patient depends on the exact process by which the arrest of the disease is brought about. Sometimes a case, or envelope, to use a homely expression, will gather round the infected spot, or patch, upon the lung and thoroughly enclose it, so that the destructive microbe is effectually imprisoned, the wound heals, the scars harden, and fever and other distressing symptoms disappear. The disease is, in fact, arrested, and at one time the patient would have considered himself to be perfectly cured.

So he is, for the time, but for a considerable period (how long is not, and cannot be, ascertained) the microbe that is imprisoned is still capable of fresh mischief, should the walls that keep him in break down, when re-infection would almost certainly take place. If the patient is careful to maintain his general health and good condition, even in serious cases the disease may remain quiescent almost indefinitely; but should he return to a manner of life that lowers his general strength and vitality, or indulge in violent muscular exertion, such as lifting heavy weights or taking a full golf-swing, there is a risk of the scars breaking down. The writer has known one "arrested" soon after returning home to join a knot of athletes at a "tug-of-war," and another to go in for a swimming match. The dangerous part of it is they felt well enough to do it. In both cases results were disastrous.

Slight cases of consumption, that is, those in which disease is arrested at a very early stage, are certainly curable. We see examples of it constantly, but even in these cases the truest wisdom is to act as carefully as if they were the worst. In the case of young girls, avoiding the late hours of a social season and the choking dust of bazaars and ball-rooms, and for men all over-fatigue, unwholesome food, and wear and tear. Every successive year of immunity from relapse strengthens the claim of the consumptive to consider himself cured.

It is here the ideal health conditions of the sanatorium come in so usefully. There is no irksomeness in doing as everyone else is doing, and no one to grumble at open windows in cold weather, which the hardy and well-trained consumptive patient enjoys.



LET EACH FOOT IN TURN TAKE WHOLE WEIGHT OF BODY, LIFTING THE OTHER AND TURNING TOES INWARD 20 TIMES DAILY.

EXERCISES FOR THE FEET.

Your Feet are in Leather Prisons Two-Thirds of Your Life; Give Them Healthy Exercise.

THE importance of having, first, a perfectly healthy foot, and next, if possible, a beautiful one, cannot be overrated. The condition of mind depends greatly on the condition of one's feet, and I'll warrant that a good deal of laziness and more disagreeable tempers can be traced to badly shod and aching feet than to any other one factor.

If men and women walked better, and if patent leathers were not the most stylish kind of footgear, there would be more perfect feet. As it is, there is one perfect female foot in a thousand, and almost as small a percentage among men.

The ideal of the beautiful foot is changing, fortunately. The classic foot that we see on famous antique statuary differs greatly from the feet of the woman of yesterday, but will resemble those of the woman of to-morrow. It is much larger, to begin with, the toes are not as cramped and lie flatter and not so close together, and the second toe is always longer than the first.

Ten years ago the woman who wore in reality a number five shoe went hunting for the shop that could sell her a well-fitting shoe with the magical and soothing size three marked in it. It was mostly a question of numbers or pinching. To-day the same woman will wear a number six, and a wide shoe at that, and tell you of it, too. Still, our footgear is far from perfect, and the constant complaints of our correspondents whose insteps seem to them inadequate and anything but Spanish, prompt this answer and the accompanying illustrated exercises for the development of insteps and legs.

Most little children have well arched insteps. After the age of eight the foot begins to flatten out and grows rapidly. Girls of between twelve and fifteen usually have rather flat feet, and the maiden of eighteen who is embarrassed at the size of her feet can take comfort

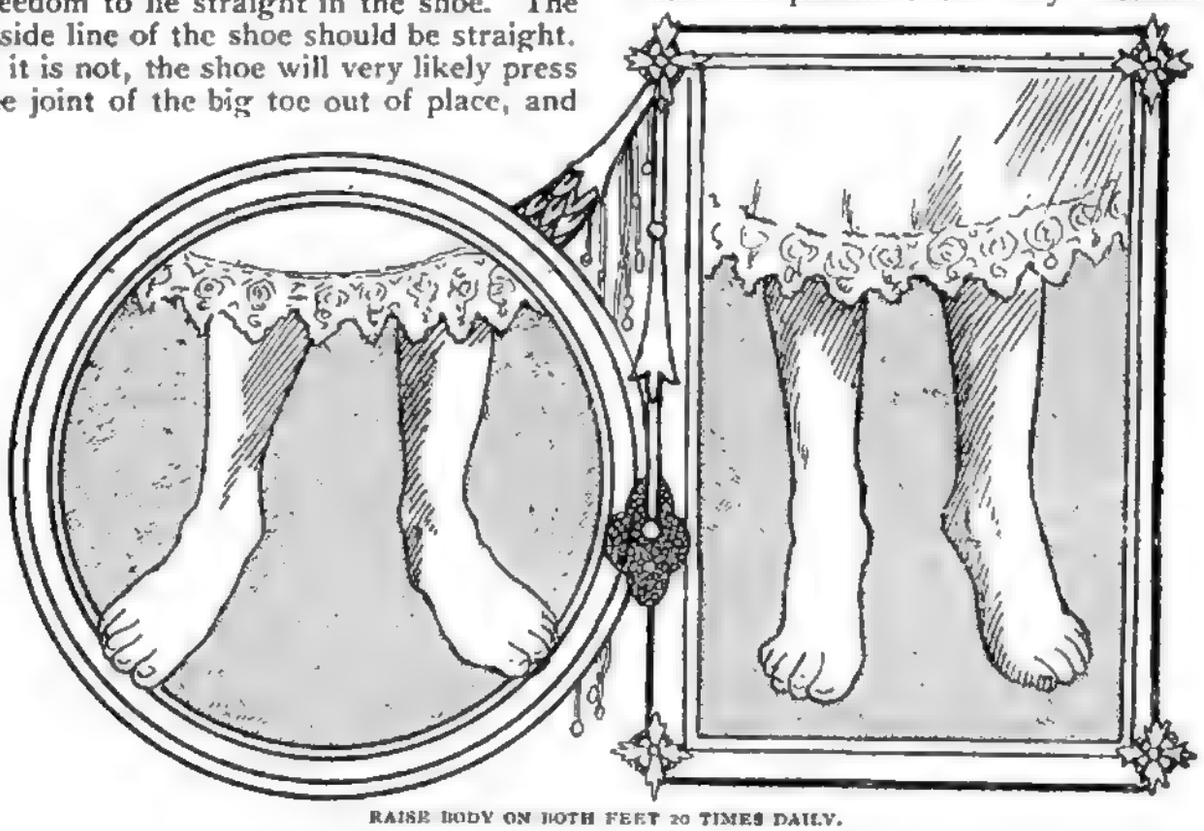
in the thought that they will "settle," as the shoemakers say, and probably be almost a full size smaller bv the time she is twenty.

The cause of flat and low insteps, and consequent bad walking, is usually to be found in badly-fitting shoes. A boot that does not curve in well under the arch of the foot—providing, of course, there is a high, natural arch—will eventually flatten the highest instep and cause a good deal of pain in the process.

A woman will buy a very large pair of shoes in the hope of obtaining relief from the torture of aching feet. The shoes may be one size longer and a size wider than she is accustomed to. She tries them on in the shop and they feel comfortable. On the street, after walking a few blocks, she experiences a very acute pain in the calf of her leg and a sensation of great fatigue. This is a signal that she is maltreating her instep, and that the shoe, be it ever so sensible and low-heeled, is not intended for her foot. The arch of the foot is giving way, and she must resort to a better-fitting shoe, to a leather arch support or to an instep bandage.

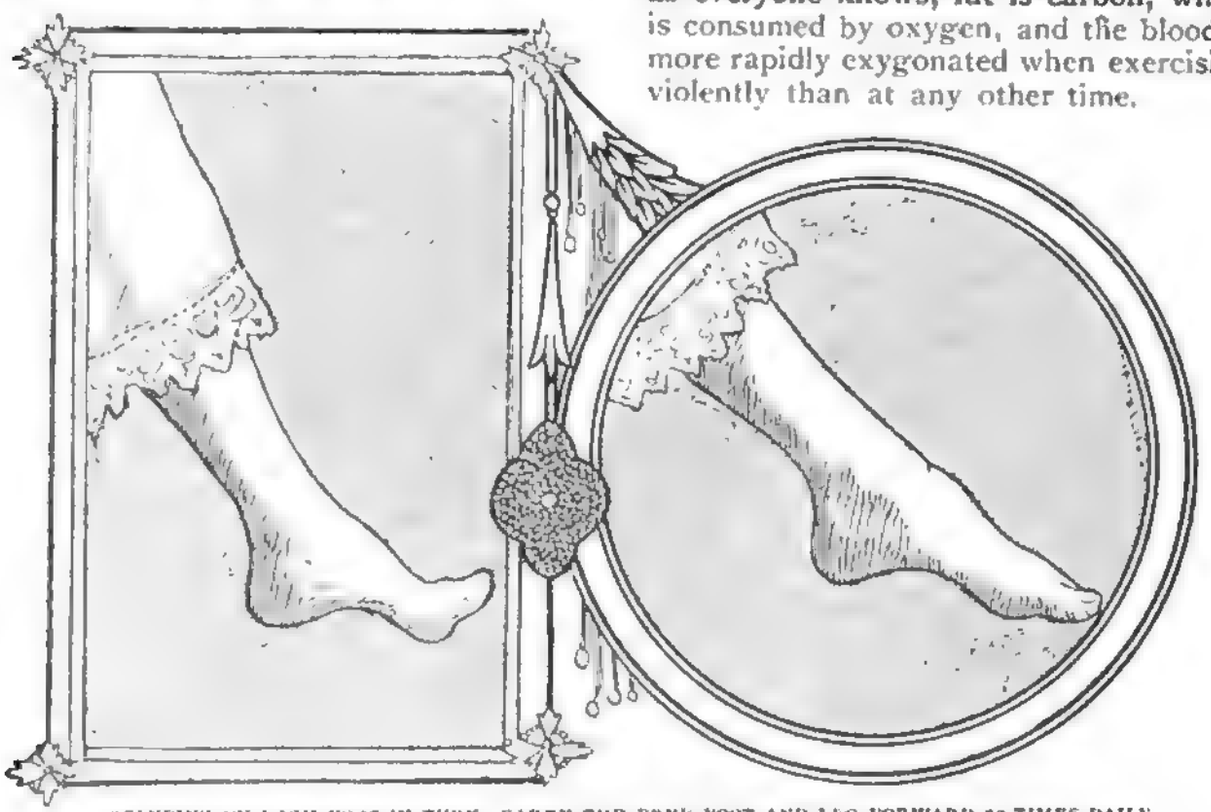
The toes should be allowed sufficient freedom to lie straight in the shoe. The inside line of the shoe should be straight. If it is not, the shoe will very likely press the joint of the big toe out of place, and bunions will result. Never have shoes fitting over a badly-fitting stocking. Stockings should be tried on with as much care as gloves when buying, for a stocking that is too short, too narrow across the toe or tight across the instep will ruin the most beautiful foot by keeping it in a cramped and unnatural position.

The girl with the flat feet who wishes the high, aristocratic arch of the ladies of Spain must, besides purchasing the right kind of shoe, practise, first of all, walking well in them; then, if she has time and inclination, she should exercise her feet. This last is beneficial in more ways than one. Our feet get very little exercise despite the amount of walking we do each day. Some scientist has asserted that, in the course of evolution, our toes will become shorter and less shapely, and finally cease to be separate from each other, all from lack of use. Certain it is that these maltreated extremities, cramped up all day long in unventilated leather, suffer considerably. Lack of circulation is the chief cause. Therefore, the exercises for raising the instep can be used, as primary exercises for restoring disturbed circulation, particularly where the patient shows any rheumatic



RAISE BODY ON BOTH FEET 20 TIMES DAILY.

tendency. If these toe exercises are done with as much strength as the subject can put into them, they will also develop the calf of the leg, and on the principle that physical exercise will reduce flesh, they are to be recommended for those who are afflicted—and to them it is a real affliction—with very large calves. For, as everyone knows, fat is carbon, which is consumed by oxygen, and the blood is more rapidly exygonated when exercising violently than at any other time.



STANDING ON EACH FOOT IN TURN, CARRY THE FREE FOOT AND LEG FORWARD 20 TIMES DAILY.

MISS THEODORA JOHNSON ON "AMERICA AS I SAW IT."—At a lecture given by Miss Theodora Johnson, at the Clifton Ladies' Club, on "America as I saw it," she also spoke of the National League for Physical Education. The chair was taken by Mrs. Gronow-Davies, who remarked that Miss Johnson had done much in the direction of bringing before the public the need for fuller physical education. Miss Johnson, in the opening stages of her lecture, dealt with the intense cold which she experienced in the States, the difficulty of travelling in a snow-laden country, and the disadvantage of overhead railways. The whole air of New York is rush and scuffle, and the people get infected with it. The air of equality exhibited by the inferior in answering those above them was very astonishing. One had to get used to the fact that one was in a Republic, and the sooner they did so the better. The Americans had the idea that the English were "uppish," and they tried to take them down a bit. She had heard of Americans complaining at the civility of the English. She would not like to live long in America, the speaker remarked, if she wished her banking account to remain on the right side, for there were so many expenses out of the ordinary run. The American women dressed much more smartly than English women. The English man, on the other hand, dressed better than the American man, and so we had the reason why Englishmen fell in love with American girls, and *vice versa*. In addition, the American girl was openly an admirer of the English man. They were not in the least diffident or shy, and so the English man had not the trouble of drawing out the American girl—she came out, she did not hide her regard in the least. The whole physical education in America was far ahead of that of England; they took more interest in it. There was considerable apathy towards the subject here, and this was one of the greatest difficulties which had to be competed with. As far as the speaker had learned, Sweden and America were foremost in physical education.

WHAT DRINK COSTS (NATIONAL PHYSICAL DETERIORATION REPORT).—The expenditure on drink in the United Kingdom is about £180,000,000 a year, which represents about £18 per family for the non-abstaining working classes and about £46 per family for the other non-abstaining classes. We spend more on drink than on house rent, more on drink than on all flesh-meat, more on drink than on bread, flour, milk, butter, cheese, and eggs, more than on railway, tram, and 'bus fares, more than on all our rates and taxes amount to, and sufficient for the workers, if put aside from age 20, would provide a pension of £2 per week for life for everyone on reaching 65.—T. WHITTAKER, M.P.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Once a month the names of newly-admitted Fellows will be published under the head of "The Fellowship Roll."

Those already qualified as Fellows and who send further contributions will have attached to their names figures denoting the number of occasions on which they have assisted the Club, thus:—Alfred James (*5), Birmingham (meaning that this is Mr. James' fifth occasion of assisting the Club).

MR. E. SANDOW,—DEAR SIR,—I was exceedingly pleased to read that article on "Beer-drinking in Germany," and also several other articles which have appeared in your magazine of late, bearing on this question, for I have thought for a long time that a few remarks on this subject are certainly in their place in a magazine like yours.

Not only myself, but many others, would be glad to see articles of this description by eminent medical men, and, better still, from *your* pen.

Apart from a strict temperance point of view, you must know, going into details of the physical deterioration of the human race as you do, that alcohol is one of the greatest evils of the present day, working havoc as it does amongst all classes, rich and poor, leaving the fathers and mothers total physical wrecks, and their children unprovided for.

Then, when you think of "physical deterioration," always remember the *hereditary* effects of alcohol, and shudder at the results.

I also read with interest your replies to Mr. Vardon, but I hope that you will not allow yourself to be placed in the same position with regard to this question as he is placed with regard to physical culture.

I just draw your attention to this question, as I feel that it is not that you are altogether opposed to the views of reformers of these wrongs, but that it may be due to a little want of thought; we are all apt to be thus disposed at times.

I am sure that you could do a great deal of good in this matter, and I think that your magazine would thereby gain a much larger circulation, for in my case, although I have got several to take in your mag., I think that with the suggested addition I could get many others—to say the least of it, I should do my best.

May I ask one question, if I am not encroaching on your time too much, which is as follows: *Re* exercise 17 on grip dumb-bell chart, would it make any difference in results if I held out the arms level with the shoulders directly in front of the body, as I find great difficulty in balancing myself, especially when I do it first thing in the morning?—I remain, sir, yours faithfully,

"B." (OLDHAM).

Answer: I will bear your letter in mind. Regarding exercise, you will find it grows easier with practice.

Re Club Fellowship Medal.

16th Edinburgh St. James' Company,
Boys' Brigade.

DEAR SIR,—Having been a regular reader of the magazine for nearly three years now, and an admirer of Mr. Sandow and his great work, besides being a Physical Culturist, and having benefited greatly by studying your system, I have been trying to benefit the boys of this city, at least all those whom I have had an opportunity of coming in touch with.

I am an officer in a company of the Boys' Brigade, and have been working your admirable system of physical culture for the past three years, and have had over forty boys every session in my classes, with splendid and wonderful results.

I hope to forward soon a few photos of some of the boys.

I know a great deal about your system now, and can thoroughly recommend it to *all*, especially growing lads and young boys.

Seeing in last week's number of the magazine that you wish hints as to how one may help many, I beg to draw your attention to the Boys' Brigade for young men who wish to see a physical change in the coming generation. It is a splendid opportunity for any man to help on others if he knows what he tries to teach—he can see the results before his eyes, but he must be careful not to overdo it. Every case I have taken in hand has met with success, and I wish many others may follow.

Full particulars may be obtained as regards how to start a company from the Headquarters Office, 162 Buchanan Street, Glasgow, Scotland,

or from the London office, Paternoster House, 34, Paternoster Row, E.C.; or if any gentleman wishes to join a company in any town he need only apply to the captain of said company, when I feel sure he will only be too pleased to enlist his services for our cause—"One may help many!"—I remain, yours in health and strength,

LIEUT. GRANT SCOTT.

7 Wilfrid Terrace, Edinburgh.

River Bathing Winter and Summer.

DEAR SIR,—I have plucked up courage to write to you again. I have no doubt you will be interested to know all about the Club members. Well, I am about twenty-seven years of age now, and about eight years ago I started cycling. I cycled all through the summer months, and when winter came I had to stop it, with the result that I missed the exercise, and missed it so much that my health was affected, just for the want of exercise. With the return of summer I again went in for cycling, and my usual health returned, but I dreaded the return of winter.

About that time a copy of your magazine was given me. I wrote to the publishers, and they sent me your book, "Strength, and How to Obtain it." There and then I started, and for a couple of years I worked alone, following the excellent advice given in your magazine. After that I joined the Perth Physical Culture Club, under the army instructor.

I would advise all beginners to join some such club. One is shown the various knacks of doing the exercises. For instance, as a rule, beginners lead off with the right instead of the left, and very often put more force into the right; whereas a competent instructor will watch this. On the whole, one saves much time by taking instruction, and a wise young fellow cannot afford to waste time.

I continued under instruction for a time, and after that worked alone again.

I begin my day by going to the river, summer and winter. I started this about four years ago, and have a record of two years and a half without a break. A dip in the winter in the open air is a splendid way to begin the day. I finish my day by doing your exercises, dumb-bells and developer on alternate nights.

So between "Winter Bathing" and "Sandow," I am turning into a hardy, vigorous specimen of manhood. I am both a teetotaller and non-smoker.

I hope I am not troubling you in any way, but it is always interesting to know how people live. I could write a great deal more which no doubt would interest you, but will keep it over for the next time.—Yours faithfully,

Perth. WILLIAM TURNBULL.

Trying to Popularise.

DEAR SIR,—I beg to enter pupil of mine, viz., Mr. John Bogle, for competition (under eighteen years of age). He has been practising

[Accompanying are two photo studies of Mr. Dudman, who contributed a letter to issue dated December 7th.]

Physical Culture for nearly nine months, using your dumb-bells and expander, and has derived great benefit therefrom. We are trying to popularise the Sandow system in this town, and have been the means of getting a few to take it up.—I am, yours truly,

R. NISBET.

Hawick.

Derived much Benefit.

DEAR SIR,—I am a pretty good wrestler and weight-lifter, and have derived much benefit from the Sandow system. I am quite sure there is no system in the world superior to Sandow's. —Yours truly,

JOSEPH G.

Piccadilly, W.

Age, 17 years 9 months; height, 5 ft. 7 in.; weight, 13 st.; chest, contracted, 36 in.; chest, expanded, 44 in.; waist, 32 in.; upper arm, R., 15 in. contracted; fore arm, R., 12 in.; upper arm, L., 14½ in.; fore arm, L., 11½ in.; hips, 38 in.; thigh, R., 25 in.; calf, R., 16 in.; thigh, L., 24½in.; calf, L.; 15½ in.; ankle, 10 in.; neck, 18 in.

They are getting on Splendid.

DEAR SIR,—I have been a Physical Culturist for the past twelve months (using your developer), and a reader of your magazine, and have found the latter very helpful and interesting. I may say that I have greatly improved since using the developer.

I have had the pleasure of getting six of my friends to take your magazine weekly, and to use your developers, and I am very pleased to say they are getting on splendidly, whilst I hope to get a few more shortly.

Wishing your magazine every success, I am, yours truly,

HARRY WILLIAMS.

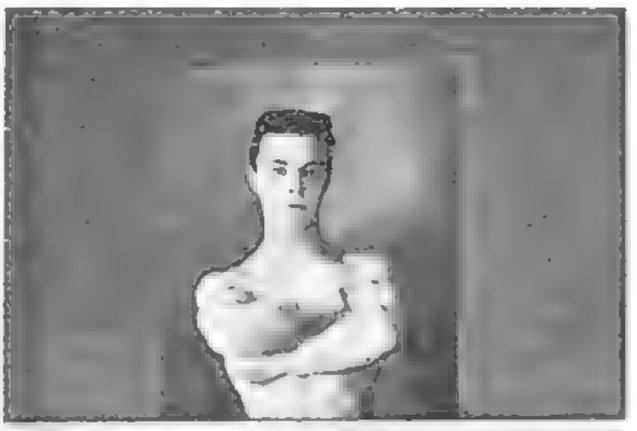
Cardiff.

Nothing ever Hurts Him.

DEAR SIR,—Seeing that you would like Club Members to send in photos, etc., to help others, I herewith send you two, showing the development I have obtained at home, under your system. The small photo shows development at the age of 16 years. The other one, which was recently taken, at the age of 17.

I started your system early, following out instructions in your book, "Strength, and how to Obtain it," and, lately, from your new work, "Body Building," which I consider every Physical Culturist should read.

I am glad you make no strict rule as to diet. I have read of several other systems, and it seems to me that most of them have got the diet fad about them—what you may or may not eat. I know nothing whatever hurts me; nor should it; for I have had splendid health ever since I started exercise. I can only add that anybody gifted with a little perseverance and patience can obtain a good development at home under your system. Many thanks are due to you, Mr. Sandow.



G. R. WARDEN (Wandsworth, S.W.).

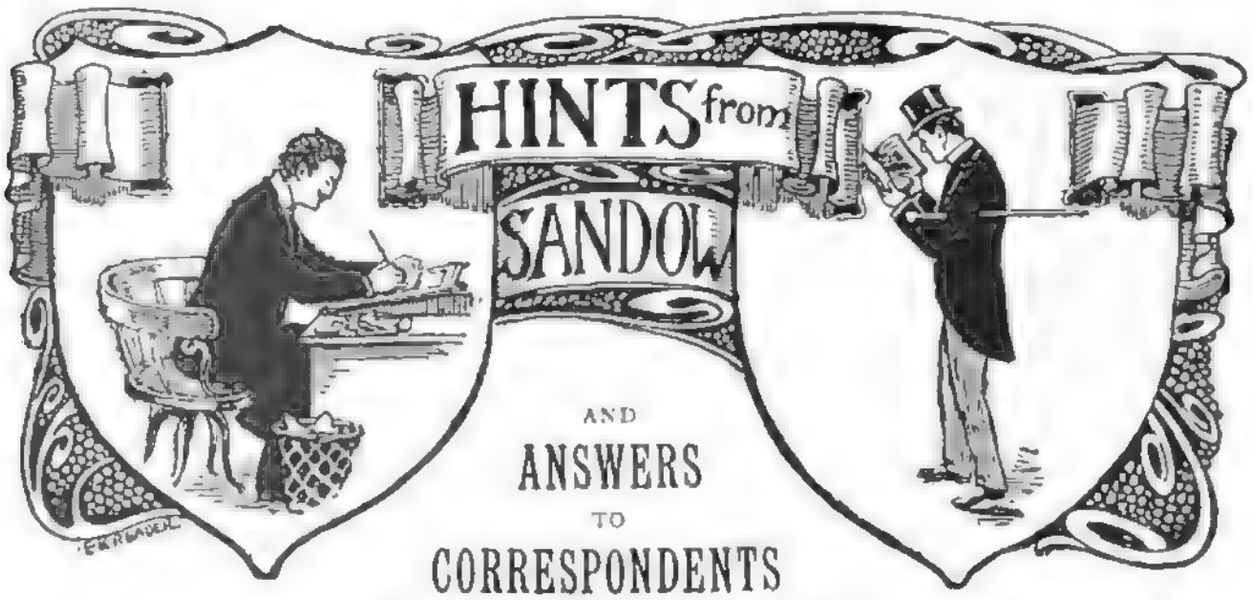
My measurements, as taken by Mr. Arthur Gordon, of Barclay's Bank, Pall Mall, are as follows:—

Age, 17 years; neck, 15 in.; chest (contracted), 35 in.; chest (expanded), 39½ in.; waist, 28 in.; bicep, 13 in.; forearm, 11½ in.; thigh, 21½ in.; calf, 14½ in.

I am, yours faithfully,

GEORGE R. WARDEN.

4A, Spencer Road,
Wandsworth, S.W.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

"THUNDERBOLT" (Melbourne, Australia) writes: "I have followed Physical Culture on your system for the last eighteen months, and intend shortly to enter for your monthly Prize Competitions. My development is fairly good, but I cannot make any headway with the measurement of my hips, and if you would be kind enough to give me a little advice on this failing in your 'Hints from Sandow' columns, you would be helping to overcome a difficulty."

Answer: The measurement of the hips—if you really mean hips, and not thighs—cannot be increased much after 25 years of age, when the bones have become set. A small hip measurement, however, is usually a good point in male physical beauty. Study the photographs published in this magazine, and you will appreciate this.

A. N. T. (Somerset) writes: "Will you please let me know in 'Answers to Correspondents' what you would consider a fair, or good, weight bar-bell double-handed lift to arms' length above the head *for a woman*. My sister is extremely muscular and hard-knit for a girl—her weight is 9 st. 5 lb., height, 5 ft. 5 in."

Answer: I assess the average woman's strength as being about (perhaps rather less) two-thirds that of a man's of same weight and height. I will publish, in a later issue, some "records" (male) from which you can make this allowance.

Pigeon Chest.

F. M. (co. Dublin) writes: "I have used the Sandow Developer for the last six months, and have got great benefit, but I would be obliged if you would give me advice on the following: I am slightly pigeon-chested. Are there any exercises that would counteract it, and are there any that would be harmful? Also, how long is it necessary each day?"

Answer: (1) Do plenty of chest-expander exercises, with general exercises as well. (2) Half-an-hour a day, in one spell or half-spells, morning and night.

CATARRH (Richmond) wishes to know how to get rid of his trouble. He has been troubled with it only this winter.

Answer: You are wise in nipping in the bud such a troublesome ailment. You say you have only just taken up Physical Culture. Well, this alone should be sufficient to cure you, seeing that your trouble arises from a congested condition of your body, which, I have no doubt, will be corrected in a few weeks, as the result of the quickening of your circulation and the more perfect elimination of the poisonous waste-matter from the body. You can materially assist in this direction by drinking a glass of warm water last thing at night and another first thing in the morning.

MUSCLE.

A Natural Method of Curing Illness without the Employment of Medicine or Drugs.

. . THE .

Sandow Treatment

And its Beneficial Effects on the Muscular & Nervous System.

In reality, muscle plays a very important part in the health of the body and upon the condition of the muscular tissue surrounding the various organs depends whether a person is healthy or ill.

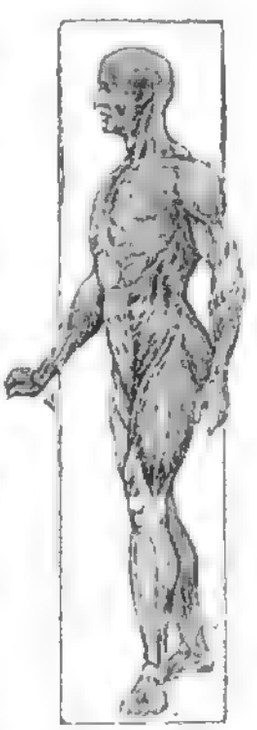
It must be remembered that the great organs of digestion and evacuation are all enveloped in and operated by muscle.

Nervous ailments are notoriously difficult to cure. Yet in all cases of nervous disorders the Sandow Treatment has proved itself an absolute remedy. Why is this?

Simply because the treatment is based on a thorough understanding of this most delicate portion of the body, and only natural means are employed in restoring it to health.

Every nerve ends in muscle, and unless the nerve itself and the muscle are washed by rich, healthy blood, disease ensues.

Nervous Breakdowns.—Whenever a breakdown takes place there will be pain and discomfort. In order to cure, the exact area where the nerve is must be discovered; then, by skilfully directed movements, a regular supply of pure blood must be caused to travel to the spot. This is precisely why the Sandow Treatment is so successful. No medicine or drugs are employed, and instead of pampering the diseased nerve, it is toned up to a sound, healthy condition.

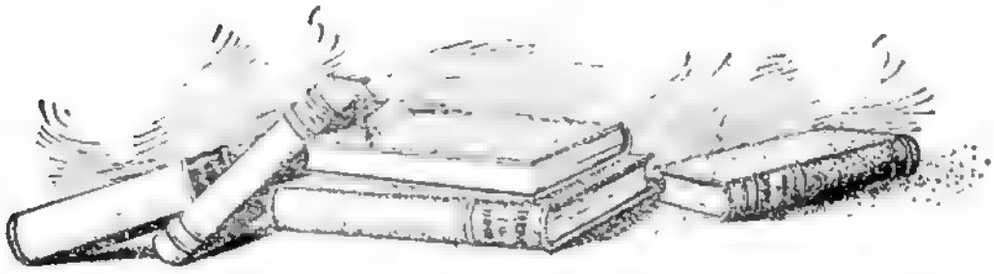


NERVES.

Thousands of sufferers from such ailments as **indigestion, constipation, insomnia, loss of vigour, and various nervous and functional disorders** have already found relief and cure from a course of the Sandow Treatment.

INVITATION TO INVESTIGATE.—If you are a sufferer from any of these illnesses you, too, can be cured quickly and permanently. The treatment entails no inconvenience, and is endorsed by leading medical men.

Those who are the victims of any of these ailments will be interested in Sandow's Book on "Curative Physical Culture," which describes the treatment fully, and a copy of which will be sent free to all applicants describing their ailments, so that a thorough investigation of the methods and results is made before it is undertaken. Write at once for a copy to EUGEN SANDOW, Dept. S., **17, Basinghall Street, London, E.C.**



Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131 Temple Chambers, E.C.

AVENUES TO HEALTH. By Eustace Miles, M.A. A more useful little work it would be difficult to light upon for the health culturist. It is mapped out with great care and skill, and is a most extensive disquisition on the whole important subject of health and strength. It is tastefully bound, and our readers should not neglect to add it to their bookshelves. 4s. 6d. post free.

ART OF BREATHING AS APPLIED TO PHYSICAL DEVELOPMENT. By Surg.-Capt. A. L. Hoper-Dixon (Army Medical Staff). Everyone should carry this pamphlet in his pocket. The advice it offers is invaluable, being in itself most beneficial to the system. Price 1s. 1d. post free.

LIFE AND HOW TO LIVE IT. By Aurelia Roys Aldrich. Contains simple and plain directions for treating and liberating the organs through exercise, and, with the thirteen illustrations, and music corresponding to the rhythm of the body for the exercise, furnishes as complete a help as can be given without the living teacher. Price 2s. 6d., post free.

PERFECT HEALTH: HOW TO GET IT AND HOW TO KEEP IT. By One who has it. Paper, post free, 2s. 9d.

IDEAL PHYSICAL CULTURE. By Apollo. No athletic library is complete without this illustrated work. Price 2s. 6d., post free.

PERSONAL MAGNETISM AND WILL POWER. This is a remarkable little book, containing Special Rules for Meeting with success in Love Affairs, Marriage, Work, Business, Money-making, Health, etc. Price, post free, 7d.

THE NEW MENTICULTURE, or the A.B.C. of True Living. By Horace Fletcher. Price 4s. 4d., post free.

HOCKEY: HISTORICAL AND PRACTICAL. By J. Nicholson Smith and Philip Robson. The fact that some thirty of the best known hockey-players in England have contributed articles to this volume renders it one of singular power and pertinacity. Hockey has made rapid strides of late, and this capable and practical history will be welcomed among knights of the game. Price 5s. 3d., post free.

MEMORY. By "Datas." A simple system of memory training. Fully describes the methods used by "Datas" to obtain the marvellous memory which has astonished audiences throughout the United Kingdom for the last two years. Interesting and instructive. Price 1s. 2d., post free.

TRAINING. By Harry Andrews. The fact that the author is the trainer of Montague A. Holbein, A. Shrubb, Frank Shorland, J. Butler, A. E. Walters, and A. A. Clare is in itself sufficient assurance as to the points of interest of this book. Would-be record-breakers will make a valuable acquisition by adding this admirable little work to their store of literary knowledge. Price 1s. 2d., post free.

PHYSICAL EDUCATION. By Thomas Chesterton. A capital volume for those who would be convinced of the necessity of a rational and scientific system to attain the harmonious development of all the physical organs. Price 3s., post free.

THE COMPLEXION BEAUTIFUL. By O. Hashnu Hara. How to gain a complexion like an infant without the use of drugs or cosmetics. Price 1s. net, postage 1d. extra.

CONSOLATION. Post free, 4s. 6d. Partial Contents:—Diseases of the Blood—History, Conception, Character. Diseases—Primary Forms. Mercurial Poisoning. My Fight against the Mercurialists. Comparative Figures and Proofs. Practical Hints on Treatment. New Treatment of Chancre, Bubo Phymose, and Paraphyma, Blenhorrhœa, Testitis, Prostatitis, Stricture, etc. Prescriptions and Advice—Natural Methods.

VARICOSE VEINS. Post free, 2s. 6d. Partial Contents:—Causes, Symptoms, and Nature. Diagnosis of Varicocele. What to do, and what not to do. Suspensory Bandages—Quacks, the So-called Radical Cure by Operation. A Humane and Rational Treatment, The Palliative Treatment—Diagrams. Stimulating and Hot Abdominal Bandages, etc.

CONFIDENTIAL TALKS WITH HUSBAND AND WIFE. By Dr. Lyman B. Sperry (author of "Confidential Talks with Young Men"). Price 3s. 6d., post free.

THE SELF AND SEX SERIES. By Sylvanus Stall, D.D. Price 4s. each, post free.—Titles of different works. For men: "What a Young Boy ought to know," "What a Young Man ought to know," "What a Young Husband ought to know," "What a Man of forty-five ought to know."

YOUR MESMERIC FORCES, and How to Develop Them. By Professor Randall. Gives full and comprehensive instructions how to mesmerise. 2s. 9d. post free.

THE MUSCLES AND HOW TO DEVELOP THEM. By F. J. Harvey. 1s., post free 1s. 2d.

BRAIN IS SOUL AND BOTH DIE TOGETHER.

THAT the soul is mortal, and dies with the body, is the inference that many have drawn from a recent lecture to his class at the Medical College of Virginia, delivered by State Chemist William H. Taylor.

In his discourse, Dr. Taylor said:—

"This, then, is the lesson we have learned: That the phenomena to which we give the name of soul are inextricably connected with the physiological functions of the brain, and that they had their origin in the far-off inorganic world, and were inherent, actually or potentially, in inorganic matters.

"Thus, as we read, the record has begun and proceeded through untold ages the majestic march, which, starting from the dust of the earth, at length presents the vertebrate, the mammal, the ape, the body and the soul of man.

"All along our instructor has been Nature herself. We feel that we have been docile and earnestly attentive pupils, and yet, in the presence of the stupendous outcome confronting us, we are daunted by a misgiving that, inapt and incapable, we may not, after all, have understood her teaching aright.

"It is a famous saying of long ago that 'Where there are three doctors there are two atheists.'

DEAD MAN AND DOG ALIKE.

"Those who see many dead animal bodies, and especially those who cut them up, as surgeons and butchers do, are driven irresistibly to the conclusion, if they can think, that, in the matter of soul, there is no apparent difference between a dead man and a dead dog.

"The scalpel, the microscope, the test tube, assiduously, skilfully, and thoughtfully used, have no cognizance, through anatomy, physiological, embryology, chemistry, and other departments of medicine, of such a thing as an independent super-physical entity such as the soul in the common understanding of it.

"If, as medical men occupying a purely medical point of view, we seek to explain these variations and changes, we do not hesitate to assign their cause to some correlated variation or change in the bodily conditions, and we feel amply authorised to assign the controlling conditions to a specific portion of the body, namely, to the brain, an organ whose functions, while of so exhalted a character that we speak of a certain phase of them as soul, are yet dependent on the same physical and chemical actions as occasion the contractibility of muscles.

MAN NOT AN ISOLATED BEING.

"We might now be inclined to feel that the matter, so far as we are able to handle it, is disposed of, had we not been taught by the results of the extraordinary outburst of scientific effort during the nineteenth century that man is not an isolated being; that, so far from occupying the exalted position of a unique creation, he is connected with all nature, animate and inanimate, in a manner and to an extent which was not dreamed of by our not very remote predecessors."

Dr. Taylor sketched the theories of the evolutionary school of scientific thought, and urged it in support of his proposition that the soul is a material, though exalted, bodily function, and dies with the brain, in which, in his opinion, it resides.

In answer to criticisms of his position, Dr. Taylor said:—

"I am entirely willing to bear any censure that may come upon me for presenting facts, however unwelcome they may be, which are acknowledged as facts by all scientific men."

INDICATIONS OF A PERSONAL PERFECTION.—"Æsthetic Physical Culture" was the title of a very interesting "talk" delivered by Miss Grace Jean Crocker, of Boston, U.S.A., at 92, Victoria-street, S.W., recently. The lecturer pointed out that man's movements when under the control of his highest and noblest emotions are not angular or jerky, but are in graceful lines of curves. Mind and physique are, in her opinion, so closely allied that noble impulses, high aspirations, and unselfish character are indicated by a high chest (the moral nature), a well-poised head (the mental nature), an elastic step and expansive movement (the physical nature); while the opposite qualities are denoted by a sunken chest, a protruding chin, a heavy step, and a general contraction of movement. The soul feels, the mind conceives, and the physical body exercises.

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